



Eat Smart with *Gregoire* February Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	2 Cream of chicken or cream of mushroom soup sautéed crouton Snickers doodle	3 Cheese quiche Carrot sticks Red lettuce salad Seasonal fruit
6 Beef or mushroom shepherd pie Romaine salad Caesar dressing Fruit salad	7 Cheese tortellini Tomato & basil sauce Steamed broccoli Baked apple	8 Homemade cheesy pizza Vegetable crudités Sliced pineapple	9 Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	10 Butternut squash Chowder with chicken apple sausage, croutons Oatmeal cookie
13 Vegetarian fried Brown rice Steamed sugar peas Fruit salad	14 Whole wheat bun BBQ pulled pork BBQ portabella Seasonal vegetable Banana yogurt	15 Vegetarian lasagna with ricotta cheese Romaine salad Caesar dressing Lemon cake	16 Homemade cheesy pizza Vegetable crudités Sliced pineapple	20 NO SCHOOL
20	21 NO SCHOOL	22	23 PRESIDENT'S WEEK	24
27 Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	28 Tomato bisque Gruyere grilled cheese Oatmeal cookie	29 Ham & cheese croissant Cheese croissant Carrat salad Seasonal fruit		



Happy St. Patrick's Day!

Eat Smart with *Grégoire* March Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			Chicken pot pie Veggie pot pie Biscuit Fruit salad	Ricotta & vegetable pasta roll Sautéed green beans Banana bread
5	6	7	8	9
Homemade cheesy pizza Vegetable crudités Sliced pineapple	Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	Potato and corn chowder Garlic bread Green salad Vanilla rice pudding	Beans & cheese burrito Mexican rice Fruit salad	Teriyaki chicken Or Portobello Sticky rice Steamed carrots Banana yogurt
12	13	14	15	16
Traditional mac and cheese Steamed broccoli Seasonal fruit	Homemade cheesy pizza Vegetable crudités Sliced pineapple	Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	NO SCHOOL	NO SCHOOL
19	20	21	22	23
Beef or mushroom shepherd pie Romaine salad Caesar dressing Fruit salad	Cheese tortellini pasta Tomato & basil sauce Steamed broccoli Baked apple	Homemade cheesy pizza Vegetable crudités Sliced pineapple	Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	Udon noodle and miso soup with vegetables Sautéed shitake Sesame cookie
26	27	28	29	30
Vegetarian fried Brown rice Steamed sugar peas Fruit salad	Whole wheat bun BBQ pulled pork BBQ portabella Seasonal vegetable Banana yogurt	Vegetarian lasagna with ricotta cheese Romaine salad Caesar dressing Lemon cake	Homemade cheesy pizza Vegetable crudités Sliced pineapple	Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple