



Eat Smart with *Gregoire* January Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Whole wheat bun BBQ pulled pork BBQ portabella Seasonal vegetable Banana yogurt	4 Vegetarian lasagna with ricotta cheese Romaine salad Caesar dressing Lemon cake	5 Homemade cheesy pizza Vegetable crudités Sliced pineapple	6 Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple
9 Tomato bisque Gruyere grilled cheese Oatmeal cookie	10 Ham & cheese croissant Cheese croissant Seasonal fruit	11 Chicken pot pie Veggie pot pie Biscuit Seasonal fruit salad	12 Ricotta & vegetable pasta Sautéed green beans Cuties	13 No School
16 No School	17 Vegetable minestrone Sautéed crispy croutons Jack cheese Chocolate chip cookie	18 Cheesy hot pocket Stewed beans Provencal Apple sauce	19 Beef or mushroom shepherd pie Caesar Salad Seasonal fruit salad	20 Spaghetti Bolognese sauce Tomato sauce Steamed broccoli Oatmeal cookie
23 Homemade cheesy pizza Vegetable crudités Sliced pineapple	24 Breaded fried chicken Breaded fried tofu Sweet potato puree Cinnamon apple	25 Southwestern black bean soup Baked pita chips Seasonal fruit	26 Beans & cheese burrito Mexican rice Seasonal fruit salad	27 Teriyaki chicken Teriyaki Portobello Sticky rice Steamed carrots Banana yogurt
30 Traditional mac and cheese Steamed broccoli Seasonal fruit	31 Homemade cheesy pizza Vegetable crudités Sliced pineapple			



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	NO SCHOOL
20	NO SCHOOL	22	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		