

Blue & Grey Cafe

National Nutrition Month

MARCH 2010



Deli Delights

Deli Sandwiches Made Fresh Your Way!

Monday

Chicken Caesar Wrap

Tuesday

Turkey Club

Wednesday

Italian Hero

Thursday

Ham & Swiss Tomato Wrap

Friday

Tuna Salad
Whole Wheat Wrap

Includes choice of veggies, fruit, and milk

GRAB-N-GO

Quick Cuisine

Specialty Sandwiches

Packaged Salads



Side Kicks

Your stop for a variety of breads, fruits, and vegetables



Grill & Works

Available Daily



Hamburger - Cheeseburger - Chicken Patty - Veggie Burger

Monday - Grilled Chicken Sandwich Tuesday - Buffalo Chicken Wrap

Wednesday - Cheese Steak Sandwich

Thursday - Barbecued Chicken Wrap Friday - Chicken Parmesan Sandwich

Includes choice of veggie, fruit, and milk

Monday	Tuesday	Wednesday	Thursday	Friday
1 Spicy Chicken Patty on a bun Oven Potatoes Chilled Fruit Cup	2  Oven Baked Mozzarella Stix with Marinara Sauce Tossed Salad Chilled Fruit Cup	3 Cheese Steak Sandwich Steamed vegetables Smile Potatoes Chilled Fruit Cup	4 Beef & Cheese Burritos Shredded Lettuce & Cheese Corn Mexican Rice Chilled Fruit Cup	5 Personal Pan Piazza Veggie Strips Chilled Fruit Cup
8 Crispy Chicken Nuggets Creamy Mashed Potatoes Dinner Roll Chilled Fruit Cup	9 BBQ Rib Sandwich Seasoned Diced Potatoes Veggie Strips Chilled Fruit Cup	10 Top Your Own Burger On a Bun Assorted Toppings Oven Fries Chilled Fruit Cup	11 Fajitas on Soft Tortillas Sautéed Peppers & Onions Shredded Chicken Lettuce & Cheese Chilled Fruit Cup	12 Grilled Cheese Sandwich with Soup Baked Potato Wedges Chilled Fruit Cup
National School Breakfast Week				
15 Chicken Patty Parmesan On A Bun Pasta Salad Tossed Salads Chilled Fruit Cup	16 Grilled Hot Dog on a Bun With Assorted Toppings Seasoned Diced Potatoes Chilled Fruit Cup	17  New Asian Chicken Sliders on Buns Crispy Fries Carrot sticks Chilled Fruit Cup	18 Hot Turkey Sandwich Smile Potatoes Chilled Fruit Cup	19 Stuffed Shells With Sauce Tasty Tossed Salad Italian Bread Chilled Fruit Cup
22 Oven Fried Chicken Dinner Roll Oven Potatoes Chilled Fruit Cup	23 Home Style Meat Loaf Mashed Potatoes Seasoned Green Beans Chilled Fruit Cup	24 BBQ Rib Sandwich Baked Potato Wedges Dinner Roll Chilled Fruit Cup	25 Meatball Parmesan Sub Pasta Salad Veggie Strips Chilled Fruit Cup	26 Pepperoni Pizzas with Dipping Sauce Tasty Tossed Salad Chilled Fruit Cup
29 Crispy Chicken Nuggets Dinner Roll Oven Fries Chilled Fruit Cup	30 Ham & Cheese Melt On A Pretzel Bun Veggie Strips Chilled Fruit Cup	31 Cheese Steak Sandwich Steamed vegetables Smile Potatoes Chilled Fruit Cup	March = National Nutrition Month March 2 = Dr. Seuss's Birthday March 9 = National School Breakfast Week March 20 = First Day of Spring	



Salad Sensations

Made to Order Specialty Salads

Monday

Chef Salad

Tuesday

Grilled Chicken Caesar Salad

Wednesday

Antipasto Salad

Thursday

Cobb Salad

Friday

Spinach Salad

Includes dinner roll and low fat milk

Pizza Creations



Available Daily

Plain or Pepperoni Pizza

Monday

Stuffed Crust Pizza

Tuesday

Chicken Parmesan Pizza

Wednesday

French Bread Pizza

Thursday

Mexican Pizza

Friday

Veggie Pizza

Includes choice of veggie, fruit, and milk

Mexican Fiesta

Available Daily

Ultimate Nachos with Baked Scoops

Tacos Grande with Soft or Hard Shell

Fiesta Taco Salad

Assorted Toppings Offered

Includes choice of veggie, fruit, and milk



Full Lunch Price = \$3.00 Reduced Lunch Price = \$2.40 Milk = \$.50

Lunches maybe pre-paid. MENU SUBJECT TO CHANGE