

ON THE "From Scratch" MENU

FEBRUARY  LOCAL Carrots, Potatoes, Bread Crumbs, Apples, Honey, Cranberries

Kid's Favourites made with whole fresh ingredients - stacked with good stuff!

\$4 Meal	MONDAY Feb 28	TUESDAY Mar 1	WEDNESDAY Mar 2	THURSDAY Mar 3	FRIDAY March 4
Week 1	CHICKEN ALFREDO	CHILI CHEESE NACHOS	HAMBURGER & WEDGES	BREAKFAST BURRITO	Pizza Always homemade
With			Potato + Sweet Potato		Caesar Salad
Healthier Treat included	fruit	Cookie	Mini Smoothie	Fruit cup	Sam's Surprise
	MONDAY Mar 5	TUESDAY Mar 6	WEDNESDAY Mar 7	THURSDAY March 8	FRIDAY March 9
WEEK 2	BEEFY GOULASH	BLUEBERRY PANCAKES	CHICKEN NUGGETS (homemade) WEDGES	QUESIDILLA	PIZZA DAY Always homemade Always delicious
With				BEEF or VEGGIE	Caesar Salad
Healthier Treat included	COOKIE	Fruit cup	Mini Smoothie	Real Fruit Popsicle	Sam's Surprise

Thanks to SQMS student, parent and teaching community for continuing to support Sam's homemade, whole food menu :)