

February 2017

"Eat well, move daily, repeat for life."
- Winning slogan by Christine at Good Shepherd Regional Catholic School

Lunch ELEMENTARY

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich.

PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

MONDAY

288 Waffle with Sausage &
117 Wow Butter OR
136 Raspberry Yogurt
634 Hash Browns
631 Cherry Star Vegetable Juice
670 Fresh Fruit

6

TUESDAY

292 Penne Pasta with
Meat Sauce
623 Chopped Broccoli
752 Fruit Punch Juice
908 Dinner Roll

7

WEDNESDAY

215 Gorditas Chipotle Chicken
Fold 'N' Go
626 Sweet Garlic Peas
635 Calypso Crush
Vegetable Juice
691 Orange Amazin' Raisins

8

THURSDAY

234 Chicken Tenders with
Potato Wedges
603 Maple Baked Beans
749 Apple Cherry Juice

9

FRIDAY

204 Chicken Parmesan
632 Wango Mango
Vegetable Juice
610 Mashed Potatoes
670 Fresh Fruit
914 Hamburger Bun

10

205 Popcorn Chicken
704 French Fries
614 Sliced Asian Peas
993 Heart Cookie

13

263 5" Round Cheese Pizza OR
631 Cherry Star Vegetable Juice
685 Rosati Sweetheart Italian
Water Ice

14

253 Hot Dog with French Fries
603 Maple Baked Beans
752 Fruit Punch Juice
907 Hot Dog Bun

15

286 Meatloaf with Gravy
635 Calypso Crush
Vegetable Juice
624 Mediterranean Green Beans
670 Fresh Fruit
914 Hamburger Bun

16

220 Taco Meat
606 Fresh Romaine Salad
670 Fresh Fruit
941 Tostitos Scoops

17

NO SCHOOL

20

252 Cheeseburger Mac &
908 Dinner Roll
611 Bagged Baby Carrots
631 Cherry Star Vegetable Juice
670 Fresh Fruit

21

273 Rotini Bake OR
402 Spaghetti & Meatballs
750 Apple Juice
908 Dinner Roll

22

269 Mini Corn Dog with Chicken
Nuggets & Potatoes
603 Maple Baked Beans
670 Fresh Fruit
904 Wheat Bread

23

HOME AND SCHOOL
PIZZA LUNCH

24

253 Hot Dog with
French Fries &
907 Hot Dog Bun OR
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
694 Kiwi Strawberry Sidekick

27

251 Chicken Nuggets
634 Hash Browns
635 Calypso Crush Veg Juice
670 Fresh Fruit

28

409 Three Cheese Panini
524 Corn Cobbette
631 Cherry Star Vegetable Juice
670 Fresh Fruit

1

215 Gorditas Chipotle
Chicken Fold 'N' Go
611 Bagged Baby Carrots
543 Blazin' Buffalo Hummus OR
544 Lemon Kale Hummus
653 Mango Spears
941 Tostitos Scoops

2

264 4x6" Cheese Pizza
606 Fresh Romaine Salad
752 Fruit Punch Juice

3