

# MARCH 2019

"Always in the mood to eat healthy food!"—Winning slogan by Grace, Grade 6  
From Good Shepherd Regional Catholic School

**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.

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

253 Hot Dog with French Fries  
631 Cherry Star Vegetable Juice  
684 Mixed Berry Applesauce  
907 Hot Dog Bun

4

201 Cheeseburger  
603 Maple Baked Beans  
632 Wango Mango Vegetable Juice  
670 Fresh Fruit  
914 Hamburger Bun

5

263 5" Round Cheese Pizza  
634 Hash Brown  
695 Strawberry-Mango Sidekick

6

Ash Wednesday

275 BBQ Chicken Filet  
611 Bagged Baby Carrots  
541 Chocolate Hummus  
670 Fresh Fruit  
914 Hamburger Bun

7

205 Popcorn Chicken  
704 Hash Browns  
749 Apple-Cherry Juice  
990 Chocolate Chip Cookie

1

233 Popcorn Chicken with Sweet & Sour Broccoli  
603 Maple Baked Beans  
608 Dole Tropical Fruit Cup  
932 Cinnamon Scooby Snacks

11

211 Sloppy Joe & 914 Hamburger Bun  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit

12

289 Pancakes with Sausage  
634 Hash Brown  
631 Cherry Star Vegetable Juice  
697 Bagged Sliced Apples

13

205 Popcorn Chicken  
706 Romaine Salad with Cherry Tomatoes  
752 Fruit Punch Juice  
929 Cinnamon Elf Grahams

14

Staff Appreciation Day

NO SCHOOL

15

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds  
603 Maple Baked Beans  
670 Fresh Fruit  
992 Oatmeal Cookie

18

292 Penne Pasta with Meat Sauce  
609 Dole Mixed Fruit Cup  
908 Dinner Roll

19

251 Chicken Nuggets  
634 Hash Brown  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit

20

217 Teriyaki Chicken with Brown Rice  
708 Romaine Salad with Spinach & Chickpeas  
750 Apple Juice  
908 Dinner Roll

21

255 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
631 Cherry Star Vegetable Juice  
608 Dole Tropical Fruit Cup  
932 Cinnamon Scooby Snacks

22

253 Hot Dog with French Fries  
603 Maple Baked Beans  
749 Apple-Cherry Juice  
907 Hot Dog Bun

25

204 Chicken Parmesan & 914 Hamburger Bun  
624 Garlic Green Beans  
752 Fruit Punch Juice

26

215 Beef & Cheese Taco  
639 Corn  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit

27

233 Popcorn Chicken with Sweet & Sour Broccoli  
904 Wheat Bread  
706 Romaine Salad with Cherry Tomatoes  
670 Fresh Fruit

28

263 5" Round Pizza  
634 Hash Brown  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit

29

**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.

