



March 2022

"Eat healthy, dream big, and succeed." 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, all items are pork-free.

Monday

Tuesday

Wednesday

Thursday

Friday

4

11

18

25

- 205 Popcorn Chicken 630 Dragon Punch
- Vegetable Juice
- 611 Bagged Baby Carrots
- 690 Apple Crisps
- 990 Chocolate Chip Cookie

- 221 Two Cheese Chicken Quesadilla
- 620 Salsa

28

7

14

- 639 Corn 749 Apple-Cherry Juice
- 941 Tostitos Scoops

- 264 4x6" Cheese Pizza 623 Broccoli
- 608 Dole Tropical Fruit Cup
- 2 253 Hot Dog with French Fries
 - 603 Maple Baked Beans
 - 694 Kiwi Strawberry Sidekick 906 Hot Dog Bun
- 3 203 Macaroni & Cheese 624 Garlic Green Beans
 - 633 Sunset Sip Vegetable Juice 658 Cherry Craisins
 - 909 Dinner Roll

10

24

- 255 Cheese Stuffed Breadsticks
- 622 Marinara Sauce
- 632 Wango Mango Vegetable Juice
- 697 Bagged Sliced Apples
- 234 Chicken Tenders with Potato Wedges
- 623 Broccoli
- 690 Apple Crisps
- 932 Cinnamon Scooby Snacks
- 201 Cheeseburger 634 Hash Browns

8

15

630 Dragon Punch Vegetable Juice

9

23

- 647 Dole Mandarin Orange Cup
- 915 Hamburger Bun

- 251 Chicken Nuggets
- 611 Bagged Baby Carrots
- 541 Chocolate Hummus
- 686 Rosati Water Ice

- 263 5" Round Cheese Pizza 708 Romaine Salad with
- Spinach & Chickpeas 752 Fruit Punch Juice
- 990 Chocolate Chip Cookie

- 253 Hot Dog with French Fries
- 603 Maple Baked Beans
- 658 Cherry Craisins 906 Hot Dog Bun

- 275 BBQ Chicken Filet
- 704 French Fries
- 752 Fruit Punch Juice
- 915 Hamburger Bun

- 270 Chicken Tenders with Mac & Cheese
- 623 Broccoli 630 Dragon Punch Vegetable
- Juices 684 Mixed Berry Applesauce
- 16 205 Popcorn Chicken
 - 706 Romaine Salad with Cherry **Tomatoes** 686 Luck O' the Ice Rosati Water
 - Ice 993 Shamrock Cookie
- 17 272 Four Cheese Panini
 - 611 Bagged Baby Carrots 632 Wango Mango Vegetable Juice
 - 691 Strawberry Apple Crisps

- 215 Beef & Cheese Taco
- 620 Salsa
- 639 Corn
- 659 Watermelon Craisins 941 Tostitos Scoops
- 21 211 Sloppy Joe 624 Garlic Green Beans
 - 695 Strawberry-Mango Sidekick 915 Hamburger Bun
- 22 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds

909 Dinner Roll

- 611 Bagged Baby Carrots
- 545 Cranberry Orange Hummus
- 645 Dole Pineapple Cup

- 200 Hamburger
- 708 Romaine Salad with Spinach & Chickpeas
- 752 Fruit Punch Juice
- 915 Hamburger Bun

- 255 Cheese Stuffed Breadsticks
- 622 Marinara Sauce
- 631 Cherry Star Vegetable Juice
- 684 Mixed Berry Applesauce

- 210 Crispy Chicken Filet
- 623 Broccoli
- 635 Calypso Crush Vegetable Juice
- 686 Rosati Water Ice
- 915 Hamburger Bun
- 28 292 Penne Pasta with Meat Sauce
 - 659 Watermelon Craisins 932 Cinnamon Scooby Snacks
- 29 234 Chicken Tenders with Potato Wedges
 - 611 Bagged Baby Carrots
 - 645 Dole Pineapple Cup
 - 932 Cinnamon Scooby Snacks
- 30 253 Hot Dog with French Fries
 - 603 Maple Baked Beans
 - 608 Dole Tropical Fruit Cup
 - 906 Hot Dog Bun
- 31 263 5" Round Cheese Pizza
 - 630 Dragon Punch Vegetable Juice
 - 658 Cherry Craisins
 - 990 Chocolate Chip Cookie

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 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.