

MARCH 2019

"Always in the mood to eat healthy food!"—Winning slogan by Grace Lyons, 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

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

5

264 4" x 6" Cheese Pizza
634 Hash Brown
695 Strawberry-Mango Sidekick

6

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

7

272 Four Cheese Panini
706 Romaine Salad with Cherry Tomatoes
749 Apple-Cherry Juice

8

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

11

294 Meatballs with Tomato Sauce & 907 Hot Dog 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

264 4" x 6" Cheese Pizza
634 Hash Brown
749 Apple-Cherry Juice

15

NO SCHOOL TODAY

18

273 Rotini Bake
609 Dole Mixed Fruit Cup
903 Maple Biscuit OR
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

233 Popcorn Chicken with Sweet & Sour Broccoli & 904 Wheat Bread
624 Garlic Green Beans
752 Fruit Punch Juice

26

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

27

264 4" x 6" Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit

28

223 Veggie Pinwheel
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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.

