



SEPTEMBER 2018

"Eat healthy, dream big, and succeed." –Winning slogan by Lilly Myers, 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

Labor Day

3

4

EARLY DISMISSAL TODAY
11:30 am

5

STUDENTS MUST BRING THEIR
OWN LUNCH TODAY

6

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7

274 Curly Cheesy Lasagna
670 Fresh Fruit
903 Maple Biscuit OR
901 Honey Biscuit

10

234 Chicken Tenders with Potato
Wedges
631 Cherry Star Vegetable Juice
695 Strawberry-Mango Sidekick
990 Chocolate Chip Cookie

11

263 5" Round Cheese Pizza
611 Bagged Baby Carrots
541 Chocolate Hummus
670 Fresh Fruit

12

233 Popcorn Chicken with Sweet &
Sour Broccoli
708 Romaine Salad with Spinach &
Chickpeas
640 Red Seedless Grapes
901 Honey Biscuit

13

201 Cheeseburger
610 Mashed Potatoes
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

14

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit
932 Cinnamon Scooby Snacks

17

253 Hot Dog with French Fries
907 Hot Dog Bun
603 Maple Baked Beans
686 "American Hero" Water Ice

18

272 Four Cheese Panini
634 Hash Brown
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

19

210 Crispy Chicken Filet
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice
914 Hamburger Bun

20

251 Chicken Nuggets
704 French Fries
749 Apple-Cherry Juice
991 Despicable Me Honey Grahams

21

269 Mini Corn Dogs & Chicken Nuggets
with Potato Rounds
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup

24

272 Four Cheese Panini
611 Bagged Baby Carrots
546 Cranberry Orange Hummus
941 Tostitos Scoops
670 Fresh Fruit

25

205 Popcorn Chicken
704 French Fries
670 Fresh Fruit
932 Cinnamon Scooby Snacks

26

264 4x6" Cheese Pizza
708 Romaine Salad with Spinach &
Chickpeas
697 Bagged Sliced Apples
929 Cinnamon Elf Grahams

27

271 Spaghetti & Meatballs
750 Apple Juice
903 Maple Biscuit OR
904 Honey Biscuit

28

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

