

Good Shepherd Catholic School

December 2018 Lunch Menu

NUTRITION NEWS: With winter fast approaching, it is important to not lose track of healthy eating. Warm hearty soups are the perfect way to incorporate many food groups into one dish. Prepare your soup with winter vegetables such as winter squashes, turnips, potatoes, whole grains such as barley and brown rice, and lean proteins such as ground turkey or chicken. Add low fat milk and cheese to creamy soups and serve with a piece of fresh fruit for dessert and you have the perfect meal ready for winter.

ALL MAIN EVENTS AND SWAP OUTS: Student Lunch \$4.00
 Your meal comes with the choice of:
 Fruit and Vegetable Entrée Only \$3.00
 Milk, or Water Adult Lunch \$4.00

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
 Tuesday: Cheeseburger on a Bun
 Wednesday: Ham, Turkey, and Cheese on a Bun
 Thursday: Chicken Nuggets
 Friday: Chef Salad with Dinner Roll

Maschio's Swap Outs Available Daily

Bagel Meal- Bagel with spread, Cheese Sticks, Fresh Fruit, Fresh Vegetable and Beverage

Chicken Caesar Salad with Dinner Roll

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Fresh Vegetables, Featured Salads, Bean Salad, or Veggie Dippers Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
HAPPY HOLIDAYS				
3 Chicken Nuggets Dinner Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit	4  Chicken Burrito Southwestern Corn Fresh or Chilled Fruit	5 Pasta with Marinara Breadstick Roasted Vegetables Fresh or Chilled Fruit	6 Lasagna With Meat Sauce Crinkle Cut French Fries Fresh or Chilled Fruit	7 Cheese or Pepperoni Pizza Freshly Prepared Salad Fresh or Chilled Fruit
10 Ravioli with Marinara Sauce Breadstick Veggies Dippers Fresh or Chilled Fruit	11 Breakfast For Lunch French Toast Breakfast Sausage Hashbrown Fresh or Chilled Fruit	12 Crispy Chicken Sandwich Country Coleslaw Fresh or Chilled Fruit	13 Grilled Cheese Sandwich Tomato Soup Cucumber Coins Fresh or Chilled Fruit	14 Cheese or Pepperoni Pizza Freshly Prepared Italian House Salad Fresh or Chilled Fruit
17 Hot Dog Baked Beans Fresh or Chilled Fruit	18 Chicken Rice and Bean Bowl Corn Fresh or Chilled Fruit	19 Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit	20	21 First Day of Winter
24	25	26	27	28
Enjoy your Winter Break & Have a Happy New Year!				

Questions or Concerns? Please visit www.maschiofood.com
 Or call Josh Stonecypher at: 814-421-8377

Cash, checks, and online payment are accepted.
 Online payments can be made at
www.payschoolscentral.com
 Please make checks payable to:
 Maschio's Food Services, Inc

MENU SUBJECT TO CHANGE

 This institution is an equal opportunity provider