Good Shepherd Catholic

September 2020 Lunch Menu

This month, we are challenging you to focus on “Eating the Colors of the Rainbow.” You can do this by choosing a variety of fruits and vegetables from every color found in the rainbow. More colors equals more variety, and more variety equals more ways to feed your body the healthy foods that help you feel good and thrive!

ALL MAIN EVENTS AND SWAP OUTS:
Your meal comes with the choice of:
- Fruit and Vegetable
- Milk, or Water

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>Student Lunch $4.00</td>
<td>1 Sloppy Joe On a Bun Steamed Carrots Fresh or Chilled Fruit</td>
<td>2 Chicken Quesadilla Black Beans And Rice Fresh or Chilled Fruit</td>
<td>3 Hamburger or Cheeseburger On a Bun French Fries Fresh or Chilled Fruit</td>
<td>4 Flippers Cheese or Pepperoni Pizza Tater Tots</td>
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<td>Entrée Only $3.00</td>
<td>7 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Southwest Fiesta Corn Fresh or Chilled Fruit</td>
<td>9 All Natural Beef Hot Dog Oven Baked French Fries Fresh or Chilled Fruit</td>
<td>10 Pasta with Meat Sauce Garlic Bread Green Beans Fresh or Chilled Fruit</td>
<td>11 Flippers Cheese or Pepperoni Pizza French Fries Fresh or Chilled Fruit</td>
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<td>Adult Lunch $4.00</td>
<td>14 Chicken Nugget Basket Breadstick Tater Tots Fresh or Chilled Fruit</td>
<td>15 Grilled Cheese Sandwich Tomato Soup Cucumber Coins Fresh or Chilled Fruit</td>
<td>16 Breakfast for Lunch Pancakes Breakfast Sausage Hash Browns Fries or Chilled Fruit</td>
<td>17 Sweet and Sour Popcorn Chicken Rice Steamed Broccoli Fresh or Chilled Fruit</td>
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<td>21 Grilled Chicken Sandwich Country Slaw Fresh or Chilled Fruit</td>
<td>22 Sausage Egg And Cheese Sandwich Hash Browns Fresh or Chilled Fruit</td>
<td>23 Creamy Macaroni and Cheese Warm Garlic Breadstick Applesauce Cup Fresh or Chilled Fruit</td>
<td>24 Flippers Cheese or Pepperoni Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit</td>
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<td>28 Popcorn Chicken Garlic Breadstick Peas and Carrots Fresh or Chilled Fruit</td>
<td>29 Crispy Chicken Sandwich with Lettuce &amp; Tomato Fresh Veggie Dippers Fresh or Chilled Fruit</td>
<td>30 Meatball Sub Tater Tots Fresh or Chilled Fruit</td>
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<td>31 Good Shepherd Catholic Monday: Grilled Cheese Sandwich Tuesday: Cheeseburger on a Bun Wednesday: Chicken Nuggets Thursday: Hot Dog on a Bun Friday: Chef Salad with Dinner Roll</td>
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Maschio’s Swap Outs

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

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

Please prepay using online account
Online payments can be made at www.payschoolscentral.com

Maschio’s Food Services, Inc

Connect with us!  

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

“Maschio’s Food Services, Inc is an equal opportunity provider.”

MENU SUBJECT TO CHANGE