



# Good Shepherd Catholic School

## September 2018 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:** Student Lunch \$4.00  
 Your meal comes with the choice of: Entrée Only \$3.00  
**Fruit and Vegetable**  
 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:** Mozzarella Sticks with Marinara Sauce
- 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
3 <b>Labor Day No School</b>	4 <b>Ham and Cheese On a Pretzel Bun</b> Fresh or Chilled Fruit	5 <b>Chicken Quesadilla</b> Black Beans And Rice Fresh or Chilled Fruit	6 <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick	7 <b>Cheese or Pepperoni Pizza</b> Tater Tots
10 <b>Grilled Chicken Sandwich with Lettuce &amp; Tomato</b> Fresh Veggie Dippers Seasoned Potato Wedges Fresh or Chilled Fruit	11 <b>Grilled Cheese Sandwich</b> Tomato Soup Freshly Prepared Garden Salad Fresh or Chilled Fruit	12 <b>Corn Dog Nuggets</b> Baked Beans Freshly Prepared Cucumber and Tomto Salad Fresh or Chilled Fruit	13 <b>Pasta Alfredo</b> Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	14 <b>Cheese or Pepperoni Pizza</b> French Fries Fresh or Chilled Fruit
17 <b>Chicken Nuggets</b> Breadstick Fresh or Chilled Fruit	18 <b>Taco Tuesday</b> <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa</b> Steamed Rice Black Bean and Corn Salad Fresh or Chilled Fruit	19 <b>Macaroni &amp; Cheese</b> Warm Breadstick Steamed Broccoli Fries or Chilled Fruit	20 <b>Hamburger or Cheeseburger on a Bun</b> French Fries Fresh or Chilled Fruit	21 <b>Cheese or Pepperoni Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
24 <b>Popcorn Chicken with Dipping Sauces</b> Buttered Noodles Carrots Fresh or Chilled Fruit	25 <b>Breakfast for Lunch</b> <b>French Toast</b> Breakfast Sausages Hash Browns Fresh or Chilled Fruit	26 <b>Pasta with Meat Sauce</b> Warm Garlic Breadstick Green Beans Mixed Berry Applesauce	27 <b>Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!®</b> <b>Tortilla Chips</b> Steamed Corn Fresh or Chilled Fruit	28 <b>Cheese or Pepperoni Pizza</b> Fresh Veggie Dippers Fresh or Chilled Fruit

Questions or Concerns? Please visit [www.maschiofood.com](http://www.maschiofood.com)  
 Or call Maschio's Food Services at: 407-277-3973

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



MENU SUBJECT TO CHANGE

"This institution is an equal opportunity provider"