



**Good Shepherd
Catholic School**

**March 2018
Lunch Menu**

NUTRITION NEWS: Celebrate **National Nutrition Month** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

ALL MAIN EVENTS AND SWAP OUTS: Student Lunch \$4.00
Your meal comes with the choice of: Entrée Only \$3.00

Maschio's Swap Outs

Monday: Cheeseburger on a bun
Tuesday: Chef Salad with Dinner Roll
Wednesday: Ham, Turkey, and Cheese on a Bun
Thursday: Mozzarella Sticks with Marinara Sauce
Friday: Grilled Cheese Sandwich

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
 5 Popcorn Chicken Warm Breadstick Fresh Celery Dippers Fresh or Chilled Fruit	 6 <i>Breakfast for Lunch</i> Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	7 Pasta with Meat Sauce Garlic Bread Caesar salad Fresh or Chilled Fruit	1 Creamy Mac & Cheese Dinner Roll Steamed Broccoli Fresh or Chilled Fruit	2 Cheese Pizza Garden Salad Green Beans <i>Dr. Seuss' Birthday Read Across America</i>
12 Taco Meat & Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS [®] Tortilla Chips Steamed Corn	13 Grilled Cheese Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit	14 Roast Turkey with Gravy Garlic Breadstick Mashed Potatoes Steamed Carrots Fresh or Chilled Fruit	15 Hamburger or Cheeseburger on a Bun French Fries Fresh or Chilled Fruit	 16 Cheese Pizza Freshly Prepared Caesar Salad Strawberry applesauce
19 Crispy Chicken Sandwich Seasoned Curly Fries Fresh or Chilled Fruit	20 Hot Dog Baked Beans Country Slaw Fresh or Chilled Fruit <i>1st Day of Spring</i>	21 Meatball Parm Hero Vegetable Medley Fresh or Chilled Fruit	22 Sweet & Sour Chicken with Rice Broccoli Fresh or Chilled Fruit	23 Cheese Pizza Freshly Prepared Cucumber & Tomato Salad Fresh or Chilled Fruit
26 Lasagna with Meat Sauce Warm Breadstick Broccoli Fresh or Chilled Fruit	27 Chicken Nuggets Dinner Roll Green Beans Fresh or Chilled Fruit	28 Cheese and Pepperoni Pizza French Fries Fresh or Chilled Fruit	29 School Closed	30 School Closed

SCHOOL BREAKFAST National School Breakfast Week

Questions or Concerns? Please visit 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.payforit.net
Please make checks payable to: Maschio's Food Services, Inc

MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider



Good Shepherd Catholic School

April 2018
Lunch Menu

NUTRITION NEWS: Eat the Colors of the Rainbow Week Did you know that by eating a variety of colorful fruits and vegetables you are able to get a variety of different vitamins and minerals? Each vitamin and mineral gives you a special "superpower" or benefit! For example, that orange pigment in carrots and sweet potatoes otherwise known as beta-carotene aids in keeping good eye health and vision. This April, challenge yourself to eat a variety of different colored fruits & vegetables...your body will thank you later!

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: Mozzarella Sticks with Marinara Sauce
 Friday: Hot Dog on a bun

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

Connect with us!



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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9 Popcorn Chicken Buttered Noodles Vegetable Medley Fresh or Chilled Fruit	10 Creamy Mac & Cheese Soft Pretzel Stick Green Beans	11 <i>Breakfast for Lunch</i> Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit	12 Hamburger or Cheeseburger on a Bun Potato Wedges Fresh or Chilled Fruit	13 Pizza Stick With Marinara Freshly Prepared Caesar Salad Fresh or Chilled Fruit
16 <i>Meatless Monday</i> Mini Cheese Ravioli with Marinara Sauce Warm Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit	17 <i>Breakfast for Lunch</i> Cinnamon French Toast Sticks Breakfast Sausages Tater Tots Fresh or Chilled Fruit	18 Chicken Nuggets Sautéed Broccoli Fresh or Chilled Fruit	19 Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomatoes, & Salsa Steamed Corn Fresh or Chilled Fruit	20 Cheese or Pepperoni Pizza Fresh Veggie Dippers Fresh or Chilled Fruit
<p><i>Eat the Colors of the Rainbow Week</i></p>				
23 Corn Dog Nuggets Baked Beans Fresh Cucumber Coins Fresh or Chilled Fruit	24 <i>Lucky Tray Day</i> Philly Cheesesteak Hero Oven Baked Fries Fresh or Chilled Fruit	25 Pasta with Meatballs Warm Garlic Breadstick Freshly Prepared Italian House Salad Fresh or Chilled Fruit	26 <i>National Pretzel Day</i> BLT on a Pretzel Bun Coleslaw Fresh or Chilled Fruit	27 School Closed
30 Crispy Chicken Sandwich Steamed Broccoli Fresh or Chilled Fruit				

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