



# Good Shepherd Catholic School

## February 2018 Lunch Menu

**NUTRITION NEWS:** February is Heart Healthy Month! The heart is one of the most important organs in the body, on average beating 60-100 times per minute, so it's important to keep it healthy! Eating well-balanced meals that include a combination of whole grains, lean proteins, fruits, vegetables, and low-fat dairy will help keep your heart healthy! Physical activity is also important because it helps lower blood pressure and helps our bodies control stress. Set a goal to be physically active at least 60 minutes per day!

**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:** 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
	<i>Keep your heart happy by choosing healthy options!</i>			
5 <b>Meatless Monday Creamy Mac &amp; Cheese</b> Warm Breadstick Broccoli Italiano Fresh or Chilled Fruit	6 <b>Corn Dog Nuggets</b> Tater Tots Fresh or Chilled Fruit	7 <b>Lucky Tray Day</b>  <b>Hamburger or Cheeseburger on a Bun</b> Oven Baked Fries Fresh or Chilled Fruit	1 <b>Super Bowl Celebration</b> <b>New Recipe!</b> <b>Boneless Chicken Wing Basket with Tater Tots &amp; Soft Bread Stick</b> Fresh Celery Sticks with Dip Fresh or Chilled Fruit	2 <b>Field Day Picnic</b> <b>Hamburger Or Hot Dog With Chips and Chocolate Chip Cookie</b>
12 <b>Chicken Nuggets</b> Buttered Noodles Sautéed Spinach Fresh or Chilled Fruit	13 <b>Breakfast for Lunch</b> <b>Waffles</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	14 <b>Valentine's Day</b> <b>Spaghetti with Marinara Sauce</b> Warm Garlic Breadstick Freshly Prepared Salad	8 <b>SCOOP-A-BOWL</b> <b>Fajita Chicken &amp; Cheddar Cheese over Rice with Lettuce, Tomatoes, &amp; Salsa</b> <b>Tostitos SCOOPS!® Tortilla Chips</b> Southwestern Corn Fresh or Chilled Fruit	9 <b>New Item!</b> <b>Pepperoni Pizza</b> Freshly Prepared Caesar Salad Fresh or Chilled Fruit
19 <b>President's Day</b> Pasta Alfredo With Roasted Veggies Warm Breadstick Fresh or Chilled Fruit	20 <b>NASCAR "Race to Good Nutrition"</b> <b>Grilled Chicken Caesar Salad Wrap</b> Freshly Prepared Three Bean Salad Fresh or Chilled Fruit	21 <b>All-Natural Beef Hot Dog on a Bun</b> Baked Beans Fresh Veggie Dippers Fresh or Chilled Fruit	15 <b>Chinese New Year Celebration</b> <b>Sweet &amp; Sour Popcorn Chicken with Rice</b> Steamed Broccoli Fortune Cookie	16 <b>School Closed</b>
26 <b>Crispy Chicken BLT Sandwich</b> Fresh Veggie Dippers Fresh or Chilled Fruit	27 <b>National Tortilla Chip Day</b> <b>New Recipe!</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato, &amp; Salsa</b> Country Slaw Fresh or Chilled Fruit	28 <b>Breakfast for Lunch</b> <b>Pancakes</b> Breakfast Sausages Tater Tots Fresh or Chilled Fruit	22 <b>Twin Tacos with Taco Meat, Shredded Cheddar Cheese</b> <b>Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn Fresh or Chilled Fruit	23 <b>Cheese Pizza</b> Freshly Prepared Garden Salad 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.payforit.net](http://www.payforit.net)  
 Please make checks payable to:  
 Maschio's Food Services, Inc



"This institution is an equal opportunity provider"

MENU SUBJECT TO CHANGE