

Good Shepherd Catholic School

October 2017 Lunch Menu



Cook Up your own Recipe for Success during National School Lunch Week!
 This month we are asking you to create a recipe for Maschio's! Please visit Maschio's website for our Recipe Contest details.

There will be three winners company-wide. Each winner will receive a gift basket and gift card. Each winner's recipe creation will be featured on the January Menu!

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

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

Connect with us!



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 Popcorn Chicken with Dipping Sauces Dinner Roll Locally Grown Veggie Dippers Fresh or Chilled Fruit | 3 Hamburger or Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit | 4 National Taco Day! Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Diced Tomatoes, and Salsa Steamed Rice Corn Fresh or Chilled Fruit | 5 BBQ Grilled Chicken Sandwich Country Slaw Vegetarian Baked Beans Strawberry Applesauce | 6 Pizza Freshly Prepared Caesar Salad Fresh or Chilled Fruit |
| 9 Chicken Nuggets Sweet corn Fresh Veggie Dippers Fresh or Chilled Fruit | 10 Pasta with Meatballs Garlic Breadstick Freshly Prepared Spring Mix Salad Fresh or Chilled Fruit | 11 Breakfast for Lunch French Toast Sticks Breakfast Sausage tater tots Fresh or Chilled Fruit | 12 New Recipe! #ThrowbackThursday Cheeseburger Mac & Cheese Soft Pretzel Stick Steamed Broccoli Fresh or Chilled Fruit | 13 Pizza Cucumber & Tomato Salad Fresh or Chilled Fruit |
| NATIONAL SCHOOL LUNCH WEEK | | | | |
| 16 Lucky Tray Day! Crispy Chicken BLT on a Roll Fresh Cucumber Coins Fresh or Chilled Fruit | 17 All Natural Beef Hot Dog on a Bun French Fries Fresh or Chilled Fruit | 18 SCOOP-A-BOWL Taco Meat, Shredded Cheddar Cheese over Rice with Lettuce, Tomatoes, & Salsa Tostitos SCOOPS!® Tortilla Chips Steamed Corn Fresh or Chilled Fruit | 19 Breakfast for Lunch Pancakes Breakfast Sausages Hash Browns Fresh or Chilled Fruit | 20 Cheesy Breadsticks with Marinara Sauce Locally Grown Veggie Dippers Fresh or Chilled Fruit |
| 23 New Recipe! Chicken Fried Rice Steamed Vegetables Mandarin Oranges Fortune Cookie | 24 Grilled Cheese Sandwich Tomato Soup Fresh Veggie Dippers Fresh or Chilled Fruit | 25 Pasta with Meat Sauce Warm Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit | 26 Chicken Nuggets Fresh Vegetable Pasta Salad Fresh Veggie Dippers Fresh or Chilled Fruit | 27 Pizza New York Style Freshly Prepared Italian House Salad Fresh or Chilled Fruit |
| 30 New Item! Chicken Tenders Basket Crinkle fries Fresh or Chilled Fruit | 31 HALLOWEEN Turkey Corn Dog Nuggets Sweet Potato Tots Sorbet | | | |

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

November 2017 Lunch Menu

NUTRITION NEWS: Thanksgiving is around the corner, and food is on everyone's mind. With so many choices, Thanksgiving is the perfect time to have a complete meal enjoying all the food groups. To create the perfect plate, be sure to select something from each group such as roasted turkey for protein, flavorful whole grain stuffing for grains, green beans and sweet potatoes for vegetables, and peas and apples for fruit. Enjoy some cold low-fat milk for dairy to complete your satisfying meal!

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

Entrée Only \$3.00
 Adult Lunch \$4.00

Maschio's Swap Outs

Monday: Grilled Cheese Sandwich
 Tuesday: Cheeseburger on a Bun
 Wednesday: Pizza Slice
 Thursday: Mozzarella Sticks with Marinara Sauce
 Friday: Ham, Turkey, and Cheese 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 |
|---|--|---|---|---|
| |  <p>Try to fill at least half your plate with fruits and vegetables!</p> | | | |
| | | 1 Cheeseburger on a Bun Tater Tots Fresh or Chilled Fruit | 2 National Sandwich Day Turkey Club with Turkey, Bacon, Lettuce & Tomatoes Chicken Noodle Soup Fresh Veggie Dippers Fresh or Chilled Fruit | 3 Cheese Pizza Freshly Prepared Garden Salad Fresh or Chilled Fruit |
| 6 Popcorn Chicken with Dipping Sauces Dinner Roll Green Beans Fresh or Chilled Fruit | 7 Breakfast for Lunch Waffles Breakfast Sausages Hash Browns Fresh or Chilled Fruit | 8 Grilled Cheese Tomato Soup Fresh or Chilled Fruit | 9 Pasta with Meatballs Sautéed green beans Dinner roll Fresh or chilled fruit | 10 Assorted Pizza Vegetable Medley Fresh or Chilled Fruit |
| 13 Crispy Chicken Sandwich Fries Fresh or Chilled Fruit | 14 Taco Tuesday Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit | 15 All-Natural Beef Hot Dog on a Bun Country Slaw Baked Beans Fresh or Chilled Fruit | 16 NEW ITEM! Thanksgiving Feast Roast Turkey with Gravy Dinner Roll Mashed Potatoes Green Beans Fresh or Chilled Fruit | 17 Personal Pan Pizza Freshly Prepared Sautéed Green Beans Fresh or Chilled Fruit |
| 20 Sweet & Sour Popcorn Chicken Steamed Rice Broccoli Fresh or Chilled Fruit | 21  Macaroni & Cheese Warm Breadstick Peas & Carrots Fresh or Chilled Fruit | 22 School Closed | 23 School Closed | 24  |
| 27 Chicken Nuggets Dinner Roll Fresh Bell Pepper Dippers Fresh or Chilled Fruit | 28 Breakfast for Lunch French Toast Sticks Breakfast Sausage Hash Browns Fresh or Chilled Fruit | 29 Fiesta Chicken Nacho Platter with Lettuce, Tomatoes, Cheese, & Salsa Steamed Corn Fresh or Chilled Fruit | 30 Grilled Cheese French Fries Fresh or chilled fruit |  |

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