



Good Shepherd Catholic School

May 2018 Lunch Menu

NUTRITION NEWS: May is here which means it is officially National BBQ Month and time to grill outside in the warm weather! Try something different this season by grilling more than just some burgers and hot dogs. Consider grilling seasoned whole ears of corn and skewered vegetables kabobs for a fun family side dish. Also don't be afraid to grill summer market fruits like peaches, strawberries, and apples for a sweet treat!

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
	1 Breakfast for Lunch Waffle Sticks Breakfast Sausages Tater Tots Fresh or Chilled	2 Hamburger or Cheeseburger on a Bun Tater Tots or French Fries Fresh or Chilled Fruit National Hamburger Month	3  Twin Tacos with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato & Salsa Steamed Rice Corn Fresh or Chilled Fruit	4 STAR WARS DAY Lightsaber Pizza Sticks with Marinara Sauce Chewbacca Cucumber Coins Fresh or Chilled Fruit School Lunch Hero Day
7 Chicken Nugget Warm Breadstick Vegetable Medley Fresh or Chilled Fruit	8 Alfredo Pasta with Garden Vegetables Garlic Breadstick Freshly Prepared Garden Salad Fresh or Chilled Fruit	9 Meatball Parm Sub Peas and Carrots Fresh or Chilled Fruit	10 Teriyaki Chicken with Rice Steamed Broccoli Fresh or Chilled Fruit	11 Pizza Freshly Prepared Cucumber and Tomato Salad Fresh or Chilled Fruit
14 Chicken Quesadilla Rice and Beans Fresh or Chilled Fruit	15 Grilled Cheese Sandwich Tomato Soup Fresh or Chilled Fruit	16  Chicken Sticks with Waffle Sticks Maple Cinnamon TaterTots Fresh or Chilled Fruit	17 Chicken Nuggets Southwestern Corn Fresh or Chilled Fruit	18 Pizza Freshly Prepared Salad Fresh or Chilled Fruit
Vegetarian Awareness Week				
21 Crispy Chicken BLT Sandwich Curly Fries Fresh or Chilled Fruit	22 Hot Dog on a Bun Vegetable Pasta Salad BBQ Baked Beans Fresh or Chilled Fruit National BBQ Month	23  Fresh or Chilled Fruit	24  Fresh or Chilled Fruit	25 Bagged lunch Hamburger or Hot Dog on a Bun Bag of Chips Chocolate chip Cookie
28  Memorial Day School Closed	29	30	31	

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"