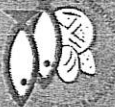


LUNCH

Elementary



SEPTEMBER 2018

"Eat healthy, dream big, and succeed!" -Winning slogan by Lilly Myers, grade 6
From Good Shepherd Regional Catholic School

Nutritional Development Services
Menus subject to change. A variety of low-fat or skim milk is offered daily. Condiments offered daily. Fruit and vegetable juices are 100% juice. Grains are whole grain rich.

Monday

LABOR DAY

3

274 Curly Cheesy Lasagna
670 Fresh Fruit
901 Honey Biscuit

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit
932 Cinnamon Scooby Snacks

234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup

Tuesday

4

234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
695 Strawberry-Mango Sidekick
990 Chocolate Chip Cookie

253 Hot Dog with French Fries
907 Hot Dog Bun
603 Maple Baked Beans
686 " American Hero " Water Ice

272 Four Cheese Panini
614 Bagged Baby Carrots
546 Cranberry Orange Hummus
941 Tostitos Scoops
670 Fresh Fruit

Wednesday

5

263 5 " Round Cheese Pizza
611 Bagged Baby Carrots
541 Chocolate Hummus
670 Fresh Fruit

210 Crispy Chicken Fillet
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice
914 Hamburger Bun

263 5 " Round Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
697 Bagged Sliced Apples
929 Cinnamon Elf Grahams

Thursday

6

233 Popcorn Chicken with Sweet & Sour Broccoli
798 Romaine Salad with Spinach & Chickpeas
640 Red Seedless Grapes
901 Honey Biscuit

289 Pancakes with Sausage
634 Hash Brown
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

205 Popcorn Chicken
704 French Fries
670 Fresh Fruit
932 Cinnamon Scooby Snacks

Friday

7

281 Salisbury Steak with Gravy
610 Marshmallow Potatoes
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
904 Wheat Bread

251 Chicken Nuggets
704 French Fries
749 Apple-Cherry Juice
991 Despicable Me Honey Grahams

271 Spaghetti & Meatballs
750 Apple Juice
903 Maple Biscuit OR
904 Honey Biscuit

PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food

