



MARCH 2022

"Eat healthy, dream big, and succeed." From Good Shepherd Regional Catholic School **Nutritional Development Services**

Menu is 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, all items are pork-free.

	Monday	Tuesday	Wednesday	Thursday	Friday
	205 Popcorn Chicken 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 690 Apple Crisps 990 Chocolate Chip Cookie	221 Two Cheese Chicken Quesadilla 620 Salsa 639 Corn 749 Apple-Cherry Juice 941 Tostitos Scoops	264 4x6" Cheese Pizza 623 Broccoli 608 Dole Tropical Fruit Cup	253 Hot Dog with French Fries 603 Maple Baked Beans 694 Kiwi Strawberry Sidekick 906 Hot Dog Bun	203 Macaroni & Cheese 624 Garlic Green Beans 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 909 Dinner Roll
	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 632 Wango Mango Vegetable Juice 697 Bagged Sliced Apples	234 Chicken Tenders with Potato Wedges 623 Broccoli 690 Apple Crisps 932 Cinnamon Scooby Snacks	201 Cheeseburger 634 Hash Browns 630 Dragon Punch Vegetable Juice 647 Dole Mandarin Orange Cup 915 Hamburger Bun	251 Chicken Nuggets 611 Bagged Baby Carrots 541 Chocolate Hummus 686 Rosati Water Ice	263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice 990 Chocolate Chip Cookie
B	253 Hot Dog with French Fries 603 Maple Baked Beans 658 Cherry Craisins 906 Hot Dog Bun	275 BBQ Chicken Filet 704 French Fries 752 Fruit Punch Juice 915 Hamburger Bun	270 Chicken Tenders with Mac & Cheese 623 Broccoli 630 Dragon Punch Vegetable Juices 684 Mixed Berry Applesauce 909 Dinner Roll	205 Popcorn Chicken 706 Romaine Salad with Cherry Tomatoes 686 Luck O' the Ice Rosati Water Ice 993 Shamrock Cookie	272 Four Cheese Panini 611 Bagged Baby Carrots 632 Wango Mango Vegetable Juice 691 Strawberry Apple Crisps
K	215 Beef & Cheese Taco 620 Salsa 639 Corn 659 Watermelon Craisins 941 Tostitos Scoops	211 Sloppy Joe 624 Garlic Green Beans 695 Strawberry-Mango Sidekick 915 Hamburger Bun	269 Mini Corn Dogs & Chicker Nuggets with Potato Rounds 611 Bagged Baby Carrots 545 Cranberry Orange Hummus 645 Dole Pineapple Cup	200 Hamburger 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice 915 Hamburger Bun	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 684 Mixed Berry Applesauce
e P	210 Crispy Chicken Filet 623 Broccoli 635 Calypso Crush Vegetable Juice 686 Rosati Water Ice 915 Hamburger Bun	292 Penne Pasta with Meat Sauce 659 Watermelon Craisins 932 Cinnamon Scooby Snacks	234 Chicken Tenders with Potato Wedges 611 Bagged Baby Carrots 645 Dole Pineapple Cup 932 Cinnamon Scooby Snacks	253 Hot Dog with French Fries 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 906 Hot Dog Bun	263 5" Round Cheese Pizza 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 990 Chocolate Chip Cookie