



# SEPTEMBER 2018

"Eat healthy, dream big, and succeed." -Winning slogan by Lilly Myers, grade 6  
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.

## LUNCH Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LABOR DAY</b> 274 Curly Cheesy Lasagna 670 Fresh Fruit 901 Honey Biscuit	269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 631 Cherry Star Vegetable Juice 695 Strawberry-Mango Sidekick	263 5" Round Cheese Pizza 611 Bagged Baby Carrots 541 Chocolate Hummus OR 540 Garlic Hummus 670 Fresh Fruit	276 BBQ Chicken Fajita 708 Romaine Salad with Spinach & Chickpeas 640 Red Seedless Grapes	281 Salisbury Steak with Gravy 610 Mashed Potatoes 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 904 Wheat Bread OR
255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks	253 Hot Dog with French Fries 907 Hot Dog Bun 603 Maple Baked Beans 686 "American Hero" Water Ice	210 Crispy Chicken Filet 706 Romaine Salad with Cherry Tomatoes 752 Fruit Punch Juice 914 Hamburger Bun	272 Four Cheese Panini 634 Hash Brown 635 Calypso Crush Vegetable Juice 670 Fresh Fruit	251 Chicken Nuggets 704 French Fries 749 Apple-Cherry Juice 991 Despicable Me Honey Grahams
234 Chicken Tenders with Potato Wedges 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup	410 Toasted Cheese on Wheat Bread 611 Bagged Baby Carrots 546 Cranberry Orange Hummus 941 Tostitos Scoops 670 Fresh Fruit	263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 697 Bagged Sliced Apples 929 Cinnamon Elf Grahams	205 Popcorn Chicken 704 French Fries 670 Fresh Fruit 932 Cinnamon Scooby Snacks	No Lunch Served Noon Dismissal



**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 item. To request product information please call (215) 895-3470 during normal business hours.



# BREAKFAST

Elementary



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## Monday

### Labor Day

323 Apple Cinnamon Muffin  
758 Orange Juice  
670 Fresh Fruit

PreK: 346 Kix Cereal

322 Blueberry Muffin  
752 Fruit Punch Juice  
689 Orange Mango Applesauce

PreK: 347 Alpha Bits Cereal

334 Cinnamon Toast Crunch Cereal  
749 Apple-Cherry Juice  
670 Fresh Fruit

PreK: 368 Plain Bagel

## Tuesday

334 Cinnamon Toast Crunch Cup  
749 Apple-Cherry Juice  
689 Orange Mango Applesauce

PreK: 330 Blueberry Muffin

365 Kellogg's Cinnamon Flakes Cereal  
750 Apple Juice  
670 Fresh Fruit

PreK: 330 Blueberry Muffin

308 Strawberry Mini Bagel  
608 Dole Tropical Fruit Cup  
752 Fruit Punch Juice

PreK: 345 Honey Scooters Cereal

## Wednesday

307 Cherry Baked Frudel  
748 Grape Juice  
696 Raisins

PreK: 343 Rice Chex Cereal

350 Apple Cinnamon Cheerios Cereal Bar  
752 Fruit Punch Juice  
670 Fresh Fruit

PreK: 339 Orange Cranberry Muffin

307 Cherry Baked Frudel  
658 Dried Fruit Blend  
670 Fresh Fruit

PreK: 367 Cinnamon Raisin Bagel

## Thursday

369 Pillsbury Berry Blast Mini French Toast  
752 Fruit Punch Juice  
670 Fresh Fruit

PreK: 366 Blueberry Bagel

328 Chocolate Chip Muffin  
753 Orange Juice  
609 Dole Mixed Fruit Cup

PreK: 332 Apple Cinnamon Muffin

329 Trix Cereal Bar  
670 Fresh Fruit  
696 Raisins

PreK: 343 Rice Chex Cereal

## Friday

368 Plain Bagel  
647 Dole Mandarin Orange Cup  
670 Fresh Fruit

PreK: 340 Sweet Potato Muffin

338 French Toast Sticks  
750 Apple Juice  
670 Fresh Fruit

PreK: 348 Kix Cereal

366 Blueberry Bagel  
748 Grape Juice  
689 Orange Mango Applesauce

PreK: 340 Sweet Potato Muffin

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\*PreK Students receive one serving of fruit and no juice at breakfast.