

# Good Shepherd Catholic School

## January 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4 1 italian chicken * 2 cheeseburger pizza 3 pasta n' veggies (v) >> choose 3 sides >steamed broccoli >chilled fruit cocktail >salad w/romaine lettuce >oatmeal berry cookie * chicken served over pasta	5 1 steak fingers 2 grilled chicken * 3 fruit bowl/yogurt (v) >> choose 3 sides >mashed potatoes >steamed green beans >choice of fresh fruit >chilled mandarin oranges * chicken on wheat burger bun	6 1 pancakes n' sausage 2 hamburger/fixins 3 bean/cheez burrito (v) >> choose 3 sides >baked potato puffs >fresh veggie sticks/ranch >chilled fruit in natural juice >low fat swirl pudding * served with turkey sausage	7 1 grilled chicken pasta 2 cheese pizza (v) 3 ham-cheddar sub >> choose 3 sides >peas & carrots >chilled applesauce >salad w/spinach >animal crackers * pasta with wheat roll	8 1 breaded fish sticks 2 corny dog (turkey) 3 grilled cheese (v) >> choose 3 sides >black-eyed peas >nacho spinach w/cheese >choice of fresh fruit >sweet potato cake * have a nice weekend!
11 1 beef chili pie * 2 cheese pizza (v) 3 turkey/swiss 'wich >> choose 3 sides >broccoli cheese rice >steamed carrot coins >salad w/romaine lettuce >fresh grape clusters * served over corn chips	12 1 chicken nuggets 2 grilled steak wrap * 3 fruit bowl/yogurt (v) >> choose 3 sides >mashed potatoes >steamed cut corn >choice of fresh fruit >low fat chocolate pudding * steak on whole wheat tortilla	13 1 maple roast chicken * 2 cheeseburger/fixins 3 grilled cheese (v) >> choose 3 sides >hashbrown potatoes >chilled fruit cocktail >choice of fresh fruit >carmel banana cake * chicken with wheat roll	14 1 marinara meatballs * 2 sausage pizza 3 pasta & sauce (v) >> choose 3 sides >steamed green beans >chilled fruit in natural juice >salad w/spinach >chocolate chip cookie * meatballs with bread stick	15 1 chicken fajitas 2 big beef burrito 3 soft cheese taco * (v) >> choose 3 sides >fresh taco salad/taco sauce >tex-mex black beans >chilled pineapple 'bits >cinnamon pastry puff nchilada-like with cheddar/queso
18	19 1 chicken strips 2 beef sloppy joe * 3 vegetable chili (v) >> choose 3 sides >whole grain mac & cheese >steamed broccoli >salad w/romaine lettuce >apple oat cake * sloppy joe with burger bun	20 1 bbq baked chicken * 2 hamburger/fixins 3 fruit bowl/yogurt (v) >> choose 3 sides >oven french fries >steamed mixed veggies >choice of fresh fruit >fruit & gelatin * chicken with wheat roll	21 1 beef penne pasta * 2 cheese pizza (v) 3 turkey/swiss 'wich >> choose 3 sides >yellow wax beans >chilled diced peaches >salad w/spinach >animal crackers * pasta with french bread	22 1 beef/cheese 'dilla 2 chicken 'wich * 3 bean/chz nachos (v) >> choose 3 sides >fresh taco salad/taco sauce >tomato cheese rice >steamed green beans >fresh melon wedge *chicken on wheat burger bun
25 1 breaded fish filet * 2 pepperoni pizza 3 pasta & sauce (v) >> choose 3 sides >steamed italian vegetables >chilled fruit cocktail >salad w/romaine lettuce >oatmeal raisin cookie * fish on wheat burger bun	26 1 meatloaf/gravy * 2 chicken/chz biscuits 3 fruit bowl/yogurt (v) >> choose 3 sides >mashed potatoes >steamed green beans >choice of fresh fruit >low fat banana pudding * meatloaf with wheat roll	27 1 oven "fried" chicken 2 hamburger/fixins 3 super chef salad * (v) >> choose 3 sides >bbq beans >steamed carrot coins >choice of fresh fruit >chilled mandarin orange * fresh veggies, beans, cheese	28 1 meaty spaghetti * 2 cheese pizza (v) 3 ham-cheddar sub >> choose 3 sides >steamed mixed veggies >chilled applesauce >salad w/spinach >whole grain cocoa cake * pasta w/garlic bread stick	29 1 french toast n' sausage 2 turkey frank 3 grilled cheese (v) >> choose 3 sides >baked potato puffs >chilled pineapple 'bits >fresh veggie sticks-ranch >fresh grape cluster * served with turkey sausage

### Twelve Oaks



### Catering

committed  
to provide  
freshness,  
nutrition,  
and variety

### MENU NOTES:

\* **your school serves a salad bar, baked potatoes, and deli sandwiches EVERYDAY!**

\* **a non-meat entree** is offered every day and is notated with a (v).

\* **"BAKED, never fried"** - we promote a low fat, low sugar and appropriate caloric menu.

\* we use whole wheat breads, lean meats and chicken breast, and low fat cheeses.

\* fresh fruit available daily - desserts are made with whole grains and are relatively low in sugar.

menus and debit accounts at  
[www.twelveoakscatering.com](http://www.twelveoakscatering.com)



all food produced in a  
TDH inspected kitchen

