

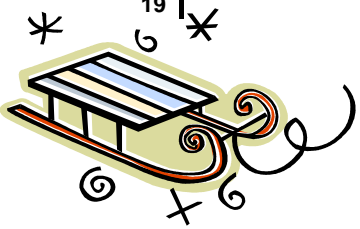




Catering

freshness, nutrition, and variety

Good Shepherd Catholic School

December 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 BEEF CHILI MAC PASTA <i>served with french bread</i> (N) cheese pizza slices roast beef & cheddar wrap <i>steamed green beans</i> <i>fresh salad bowl w/spinach</i> <i>chilled sliced apples</i> <i>whole grain trail mix</i>	2 CHICKEN ENCHILADAS <i>topped with ranchero cheese</i> soft beef & cheese tacos (N) nacho cheese & chips <i>Spanish brown rice</i> <i>chunky refried beans</i> <i>lettuce-tomato side salad</i> <i>whole grain cinnamon cooki</i>
5 BAKED ITALIAN CHICKEN <i>served over whole grain pasta</i> cheeseburga pizza slices (N) veggie/bean farfelle pasta <i>salad bowl w/romaine leaf</i> <i>steamed broccoli florets</i> <i>chilled fruit cocktail</i> <i>animal crackers</i>	6 STEAK MILANESE TIPS <i>lightly breaded beef steak</i> grilled chicken'wich - fixins (N) fresh fruit bowl & yogurt <i>whole grain mac & cheese</i> <i>steamed green beans</i> <i>stewed okra & tomatoes</i> <i>chilled mandarin oranges</i>	7 BREAKFAST for LUNCH <i>eggs, waffle, and turkey sausage</i> charbroiled burger - fixins (N) bean & cheese burrito <i>baked tater tots</i> <i>fresh veggie sticks</i> <i>chilled fruit in juice</i> <i>vanilla yogurt pudding</i>	8 GRILLED CHICKEN PASTA <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed peas & carrots</i> <i>fresh salad bowl w/spinach</i> <i>chilled applesauce</i> <i>raisin crunch cup</i>	9 PANKO-CRUMB FISH FILET <i>served over veggie rice pilaf</i> turkey corny dog (N) grilled cheddar'wich <i>baked nacho spinach</i> <i>house-made black-eyed peas</i> <i>chilled fruit in juice</i> <i>sweet potato cake</i>
12 CHICKEN NUGGETS <i>baked, breaded, white meat only</i> grilled steak & veggies wrap (N) fresh fruit bowl & yogurt <i>mashed potatoes</i> <i>buttered cut corn</i> <i>chilled fruit in juice</i> <i>chocolate yogurt pudding</i>	13 RANCH CHILI PIE <i>chili beef, corn chips & cheese</i> (N) cheese pizza slices turkey & jack wheat roll <i>steamed carrot coins</i> <i>broccoli & chz brown rice</i> <i>salad bowl w/romaine leaf</i> <i>fresh grape cluster</i>	14 MAPLE ROAST CHICKEN <i>served with fresh baked wheat roll</i> cheeseburger - fixins (N) grilled cheddar'wich <i>diced hashbrowns potatoes</i> <i>steamed veggie medley</i> <i>chilled mixed fruit</i> <i>pineapple oat muffin bites</i>	15 ITALIAN MEATBALLS <i>old world sauce over fusilli pasta</i> (N) baked cheese pizza roll-up chicken salad wheat roll sub <i>steamed green beans</i> <i>fresh salad bowl w/spinach</i> <i>chilled diced pears</i> <i>whole grain oatmeal cookie</i>	16
19 	20	21 	22 	23
26	27	28	29	30
Happy Holidays				



FRESH FRUIT selections served EVERYDAY !!



Fresh or Frozen



Veggies Only !!

Always BAKED...

.... NEVER fried !!

(N)=nonmeat entrees

Choose from **3 Entrees**

Choose **3 Sides** from 4



lean meats, chicken breast meat only !!

(expect drumsticks)

DAILY MENU at YOUR SCHOOL: Entrees, Vegetables & Sides, Baked Potatoes, SALAD BAR, DELi Sandwiches, Fresh Veggie & Cheese Trays, & Fresh Baked Snack Rack
 * all sandwiches & burgers served on wheat bread or buns with crispy romaine lettuce * most pizza crusts, breads, rolls, bakery, and desserts are whole grain items