


# Good Shepherd Catholic School

**November 2011**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>STEAK MILANESE TIPS</b> <i>lightly breaded beef steak</i> grilled chicken'wich - fixins (N) fresh fruit bowl & yogurt <i>whole grain mac &amp; cheese</i> <i>steamed green beans</i> <i>stewed okra &amp; tomatoes</i> <i>chilled mandarin oranges</i>	<b>BREAKFAST for LUNCH</b> <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>	<b>GRILLED CHICKEN PASTA</b> <i>served with wheat bread stick</i> (N) flatbread/pita cheese pizza ham & cheddar wheat roll <i>steamed peas &amp; carrots</i> <i>fresh salad bowl w/spinach</i> <i>chilled applesauce</i> <i>raisin crunch cup</i>	<b>PANKO-CRUMB FISH FILET</b> <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>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<b>CHICKEN NUGGETS</b> <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>	<b>RANCH CHILI PIE</b> <i>chili beef, corn chips &amp; cheese</i> (N) cheese pizza slices turkey & jack wheat roll <i>steamed carrot coins</i> <i>broccoli &amp; chz brown rice</i> <i>salad bowl w/romaine leaf</i> <i>fresh grape cluster</i>	<b>MAPLE ROAST CHICKEN</b> <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>	<b>ITALIAN MEATBALLS</b> <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>	<b>CHICKEN FAJITAS</b> <i>with veggies and flour tortillas</i> soft beef & cheese burrito (N) cheese enchiladas <i>Spanish brown rice</i> <i>seasoned black beans</i> <i>lettuce-tomato side salad</i> <i>cinnamon puff pastry</i>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>GRILLED STEAK RIBBONS</b> <i>with roasted red potatoes</i> (N) 4cheese hoagie pizza ham & cheddar wheat roll <i>steamed broccoli florets</i> <i>salad bowl w/romaine leaf</i> <i>chilled mandarin oranges</i> <i>whole grain chip cookie</i>	<b>BAKED BBQ CHICKEN</b> <i>served with fresh baked wheat roll</i> charbroiled burger - fixins (N) garden chili/chz/crackers <i>oven potato wedges</i> <i>steamed green beans</i> <i>chilled fruit &amp; gelatin</i> <i>baked crumb-top apples</i>	<b>PENNE PASTA LASAGNA</b> <i>served with French bread</i> (N) cheese pizza slices turkey & jack wheat wrap <i>yellow wax beans</i> <i>cucumber veggie salad</i> <i>chilled diced peaches</i> <i>carrot spice cake'ettes</i>	<b>GRILLED FISH TACOS</b> <i>served with pico de gallo</i> grilled chicken'wich - fixins (N) nacho cheese & chips <i>veggie brown rice pilaf</i> <i>steamed vegetable medley</i> <i>lettuce-tomato side salad</i> <i>chilled pineapple bits</i>	<b>CHICKEN STRIPS</b> <i>baked, breaded, white meat only</i> bbq brisket on wheat bun (N) fresh fruit bowl & yogurt <i>house-made cowboy beans</i> <i>fresh salad bowl w/spinach</i> <i>chilled diced apricots</i> <i>whole grain trail mix</i>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>PANKO-CRUMB FISH FILET</b> <i>served over veggie rice pilaf</i> pepperoni pizza slices (N) veggie/bean farfelle pasta <i>steamed veggie medley</i> <i>salad bowl w/romaine leaf</i> <i>mixed fruit in juice</i> <i>whole grain oatmeal cookie</i>				
<b>28</b>	<b>29</b>	<b>30</b>		
<b>OVEN-ROASTED BRISKET</b> <i>served chopped with tortilla &amp; sauce</i> (N) 4cheese hoagie pizza tuna salad on honey wheat <i>steamed california veggies</i> <i>chilled pasta bean salad</i> <i>tropical fruit medley</i> <i>baked crumb-top peaches</i>	<b>CHICKEN NUGGETS</b> <i>baked, breaded, white meat only</i> sloppy joe on wheat bun (N) garden chili/chz/crackers <i>house-made cowboy beans</i> <i>steamed broccoli florets</i> <i>salad bowl w/romaine leaf</i> <i>fresh seasonal melon wedge</i>	<b>CHEESE QUESADILLA (N)</b> <i>served with pico de gallo</i> cheeseburger - fixins turkey & jack wheat roll <i>oven crinkle fries</i> <i>steamed green peas</i> <i>chilled fruit &amp; gelatin</i> <i>apple muffin bites</i>		



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)