

GOOD SHEPHERD ACADEMY


Maschio's Food Services, Inc.

FEBRUARY 2012

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit & Vegetable of the Month BANANAS & RED POTATOES 	SUPER BOWL 	1 CHICKEN FAJITA WRAP MEXICALI RICE LETTUCE & TOMATO CHILLED FRUIT CUP LOW-FAT MILK	2 SUPER BOWL CELEBRATION HOAGIES HAM & CHEESE OR TURKEY & CHEESE LETTUCE & TOMATO TOUCH DOWN TATOR TOTS CHILLED FRUIT CUP LOW-FAT MILK 	3 FRENCH BREAD PIZZA TOSSED SALAD FRESH APPLE LOW-FAT MILK  12:30 DISMISSAL
6 PIZZA STICKS W/ MARINARA SAUCE VEGGIE PASTA SALAD CHILLED FRUIT CUP LOW-FAT MILK	7 CHILI DAY BEEF CHILI SHREDDED CHEDDAR LETTUCE & TOMATO TORTILLA CHIPS BANANA LOW-FAT MILK	8 POPCORN CHICKEN MASHED POTATOES SWEET CORN DINNER ROLL CHILLED FRUIT CUP LOW-FAT MILK	9 HOT TURKEY SANDWICH GLAZED CARROTS BAKED POTATO WEDGES MIXED VEGGIES CHILLED FRUIT CUP LOW-FAT MILK	10 DEEP DISH PIZZA TOSSED SALAD FRESH APPLE LOW-FAT MILK
13 BAKED ZITI ITALIAN BREAD GREEN BEAN SALAD CHILLED FRUIT CUP LOW-FAT MILK	14 VALENTINE'S DAY BAKED CHICKEN WHOLE WHEAT DINNER ROLL MASHED POTATOES PEAS & CARROTS CHILLED FRUIT CUP	15 BROILED BURGER ON WHOLE WHEAT BUN RED POTATO SALAD PICKLES FRESH RED APPLE LOW-FAT MILK 	16 PIZZA STICKS W/ MARINARA SAUCE MIXED VEGGIES CHILLED FRUIT CUP LOW-FAT MILK	17 FRENCH BREAD PIZZA TOSSED GREEN SALAD FRESH APPLE LOW-FAT MILK 
20 NO SCHOOL PRESIDENTS DAY 	21 POPCORN CHICKEN- MASHED POTATOES SWEET CORN DINNER ROLL CHILLED FRUIT CUP LOW-FAT MILK 	22 ASH WEDNESDAY PASTA PRIMAVERA ITALIAN BREAD CUCUMBER & TOMATO SALAD CHILLED FRUIT CUP LOW-FAT MILK	23 CHICKEN FRYZ BUTTERED NOODLES CARROTS DINNER ROLL CHILLED FRUIT CUP LOW-FAT MILK	24 DEEP DISH PIZZA TOSSED SALAD FRESH APPLE LOW-FAT MILK
27 PASTA W/ MEAT BALLS GREEN BEAN SALAD ITALIAN BREAD LOW-FAT MILK 	28 BROILED BURGER ON WHOLE WHEAT BUN POTATO ROUNDS PICKLES CHILLED FRUIT CUP LOW-FAT MILK 	29 CHICKEN FRYZ MASHED POTATOES SWEET CORN WHOLE WHEAT DINNER ROLL CHILLED FRUIT CUP LOW-FAT MILK	 As Fresh As Fresh Gets	

- Student Lunch \$2.50
 Adult Lunch \$3.00
"SIDEKICKS"
 Milk \$.50
 Fresh Fruit \$.60
 Baked Chips \$.65
 Ice Cream \$.75/\$1.00
 Baked Cookie \$.35
 Spring Water \$.50
 100% Juice Cup \$.75
 Yogurt \$.75
 Pudding \$.75

\$2.50/\$3.00
Salad Meal
 As an alternate lunch choice:
 Salad Bar Lunch
 Fresh salad vegetables, protein, fruit choice and milk


**Daily Sandwich/
 Salad Special**
\$2.50/\$3.00
 Monday: Ham and Cheese Sandwich
 Tuesday: American Cheese Sandwich
 Wednesday: Bologna and Cheese Sandwich
 Thursday: Egg Salad Sandwich
 Friday: Tuna Salad on Wheat Bagel Bag and Cream Cheese & Jelly available as an alternate lunch choice.
 Includes Cheese Stick, Vegetable, Fruit, and Milk Choice

Choice of flavored or unflavored, low fat milk with all meals.
Prepayment of meals and snacks is available in the cafeteria. 20 meals - \$50.00. Please make checks payable to: Good Shepherd Academy
MENU SUBJECT TO CHANGE!
Get Energized with School Meals!

"CUCINA ITALIA"
\$2.50/\$3.00
 Pizza served weekly with side salad, fruit and choice of milk
