

# GOOD SHEPHERD

# August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	<i>First Day of School</i> 21 <b>Hot #1</b> Pancakes, Roasted Potatoes and Bacon <b>Hot #2</b> Chicken Scaloppini Provencal <b>Hot #3</b> Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce <b>Cold #1</b> Roast Beef on Ciabatta <b>Cold #2</b> Tossed Southwestern Salad <b>Soup:</b> Corn Chowder	22 <b>Hot #1</b> Chicken Vera Cruz <b>Hot #2</b> Beef Quesadillas <b>Hot #3</b> Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice Pound Cake with Fresh Strawberries <b>Cold #1</b> Chicken Caesar salad <b>Cold #2</b> Turkey or Ham Sandwich <b>Soup:</b> Creamy Broccoli & White Bean	23 <b>Hot #1</b> Spaghetti with Marinara Sauce, Caesar Salad <b>Hot #2</b> Broiled Hamburgers <b>Hot #3</b> Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream <b>Cold #1</b> Asian Chicken Salad Wrap <b>Cold #2</b> Cobb Salad <b>Soup:</b> Mexican Zucchini Cheese Soup
26 <b>Hot #1</b> Beef Hot Dogs <b>Hot #2</b> Chicken and Beef Sausage Jambalaya <b>Hot #3</b> Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers <b>Cold #1</b> Lamb Gyro <b>Cold #2</b> California Tossed Green Salad <b>Soup:</b> Broccoli Cheddar	27 <b>Hot #1</b> Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce <b>Hot #2</b> Fish Sticks <b>Hot #3</b> Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit <b>Cold #1</b> Tossed Asian Salad <b>Cold #2</b> Turkey or Ham Sandwich <b>Soup:</b> Chicken Noodle	28 <b>Hot #1</b> Taco Rice Bowl <b>Hot #2</b> Roasted Turkey with Gravy <b>Hot #3</b> Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette, Peach Cobbler <b>Cold #1</b> Tuna on Croissant <b>Cold #2</b> Tossed BLT Salad <b>Soup:</b> Creamy Italian Tomato	29 <b>Hot #1</b> Chicken Curry <b>Hot #2</b> Orange Beef <b>Hot #3</b> Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce <b>Cold #1</b> Grilled Chicken Fajita Salad <b>Cold #2</b> Turkey or Ham Sandwich <b>Soup:</b> Potato Leek	30 <b>Hot #1</b> Turkey Tetrizzini <b>Hot #2</b> Pepperoni and Three-Cheese Pizza <b>Hot #3</b> Ratatouille, Couscous Green Beans and Corn, Caesar Salad, Angel Food Cake <b>Cold #1</b> Chicken Salad Sandwich on Croissant <b>Cold #2</b> Chicken Caesar salad <b>Soup:</b> Creamy Tortilla

# GOOD SHEPHERD

# September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Labor Day</b></p> <p><b>NO SCHOOL</b></p>	<p>3</p> <p>Hot #1 Shells and Cheese, Spinach Salad Hot #2 Meatloaf Hot #3 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach</p>	<p>4</p> <p>Hot #1 Pancakes, Roasted Potatoes and Sausage Hot #2 South African Chutney Chicken Hot #3 Veggie Rice with Egg, Couscous, Tossed Salad, Baguette, Yogurt Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder</p>	<p>5</p> <p>Hot #1 Loaded Baked Potato Hot #2 Gemelli Pasta with Bolognese Sauce Hot #3 Gemelli with Marinara Broccoli, Corn, Baguette, Nilla Wafers Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli &amp; White Bean</p>	<p>6</p> <p>Hot #1 Chili Macaroni Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream Cold #1 Italian Sandwich Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup</p>
<p>9</p> <p>Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean &amp; Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette, Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar</p>	<p>10</p> <p>Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle</p>	<p>11</p> <p>Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato</p>	<p>12</p> <p>Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek</p>	<p>13</p> <p>Hot #1 Fish Sticks, Tossed Green Salad Hot #2 Beef Tacos (soft tacos for little's) Hot #3 Veggie Spanish Rice Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla</p>
<p>16</p> <p>Hot #1 Shells and Cheese, Tossed Green Salad Hot #2 BBQ Chicken Hot #3 Ratatouille, Couscous Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Cream of Mushroom</p>	<p>17</p> <p>Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup Hot #3 Macaroni and Cheese, Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach</p>	<p>18</p> <p>Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provençal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder</p>	<p>19</p> <p>Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato &amp; Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli &amp; White Bean</p>	<p>20</p> <p><b>Professional Development Day</b></p> <p><b>NO SCHOOL</b></p>
<p>23</p> <p>Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar</p>	<p>24</p> <p>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle</p>	<p>25</p> <p>Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato</p>	<p>26</p> <p>Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek</p>	<p>27</p> <p>Hot #1 Turkey Tetrazzini Hot #2 Pepperoni and Three-Cheese Pizza Hot #3 Ratatouille, Couscous, Green Beans and Corn, Caesar Salad, Angel Food Cake Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla</p>
<p>30</p> <p>Hot #1 Sticky Thai Meatballs, Hot #2 Lemon Rosemary Seared Chicken Hot #3 Lentil Mushroom Stew, Peas and Carrots, Rice, Baguette, Graham Crackers Cold #1 Asian Chicken Salad Wrap Cold #2 California Tossed Green Salad Soup: Cream of Mushroom</p>				

# GOOD SHEPHERD

# October 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Hot #1 Shells and Cheese, Spinach Salad Hot #2 Meatloaf Hot #3 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	2 Hot #1 Pancakes, Roasted Potatoes and Sausage Hot #2 South African Chutney Chicken Hot #3 Veggie Rice with Egg, Couscous, Tossed Salad, Baguette, Yogurt Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	3 Hot #1 Loaded Baked Potato Hot #2 Gemelli Pasta with Bolognese Sauce Hot #3 Gemelli with Marinara Broccoli, Corn, Baguette, Nilla Wafers Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli & White Bean	4 Hot #1 Chili Macaroni Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream Cold #1 Italian Sandwich Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
7 Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean & Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette, Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	8 Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	9 Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	10 Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette, Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	11 Hot #1 Fish Sticks, Tossed Green Salad Hot #2 Beef Tacos (soft tacos for little's) Hot #3 Veggie Spanish Rice Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla
14 <b>School Holiday</b>  <b>NO SCHOOL</b>	15 Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Macaroni and Cheese Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	16 Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provencal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	17 Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli & White Bean	18 Hot #1 Spaghetti with Marinara Sauce, Caesar Salad Hot #2 Broiled Hamburgers Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream Cold #1 Asian Chicken Salad Wrap Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
21 Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	22 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	23 Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	24 Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	25 Hot #1 Turkey Tetrastini Hot #2 Pepperoni and Three-Cheese Pizza Hot #3 Ratatouille, Couscous Green Beans and Corn, Caesar Salad, Angel Food Cake Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla
28 Hot #1 Sticky Thai Meatballs, Hot #2 Lemon Rosemary Seared Chicken Hot #3 Lentil Mushroom Stew Peas and Carrots, Rice, Baguette, Graham Crackers Cold #1 Asian Chicken Salad Wrap Cold #2 California Tossed Green Salad Soup: Cream of Mushroom	29 Hot #1 Shells and Cheese, Spinach Salad Hot #2 Meatloaf Hot #3 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	30 Hot #1 Pancakes, Roasted Potatoes and Sausage Hot #2 South African Chutney Chicken Hot #3 Veggie Rice with Egg, Couscous, Tossed Salad, Baguette, Yogurt Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	31 Hot #1 Loaded Baked Potato Hot #2 Gemelli Pasta with Bolognese Sauce Hot #3 Gemelli with Marinara Broccoli, Corn, Baguette, Nilla Wafers Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli & White Bean	

# GOOD SHEPHERD

# November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				<b>Hot #1 Chili Macaroni</b> <b>Hot #2 Grilled Cheese with Tomato Basil Soup,</b> <b>Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream</b> <b>Cold #1 Italian Sandwich</b> <b>Cold #2 Cobb Salad</b> <b>Soup: Mexican Zucchini Cheese Soup</b>
4	5	6	7	8
<b>Hot #1 Fusilli with Meatballs</b> <b>Hot #2 Chicken Quesadilla</b> <b>Hot #3 Black Bean &amp; Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette</b> <b>Apple Sauce Cold #1 Lamb Gyro</b> <b>Cold #2 California Tossed Green Salad</b> <b>Soup: Broccoli Cheddar</b>	<b>Hot #1 Taco Rice Bowl</b> <b>Hot #2 Spinach and Chicken Sausage,</b> <b>Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit</b> <b>Cold #1 Tossed Asian Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Chicken Noodle</b>	<b>Hot #1 Beef Hot Dogs</b> <b>Hot #2 Beef Tips over Wide Egg Noodles</b> <b>Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers</b> <b>Cold #1 Tuna on Croissant</b> <b>Cold #2 Tossed BLT Salad</b> <b>Soup: Creamy Italian Tomato</b>	<b>Hot #1 Spaghetti with Meat Sauce</b> <b>Hot #2 Chicken Volterra,</b> <b>Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette, Nilla Wafers</b> <b>Cold #1 Grilled Chicken Fajita Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Potato Leek</b>	<b>Hot #1 Fish Sticks, Tossed Green Salad</b> <b>Hot #2 Beef Tacos</b> (soft tacos for little's) <b>Hot #3 Veggie Spanish Rice, Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp</b> <b>Cold #1 Chicken Salad Sandwich on Croissant</b> <b>Cold #2 Chicken Caesar salad</b> <b>Soup: Creamy Tortilla</b>
11	12	13	14	15
<b>Hot #1 Shells and Cheese, Tossed Green Salad</b> <b>Hot #2 BBQ Chicken</b> <b>Hot #3 Ratatouille, Couscous</b> <b>Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro</b> <b>Cold #2 California Tossed Green Salad</b> <b>Soup: Cream of Mushroom</b>	<b>Hot #1 Beef Picadillo over Rice,</b> <b>Hot #2 Grilled Cheese with Tomato Basil Soup,</b> <b>Hot #3 Macaroni and Cheese, Tossed Salad, Corn, Baguette, Fresh Fruit</b> <b>Cold #1 Greek Salad with Grilled Chicken</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Tortellini Spinach</b>	<b>Hot #1 Pancakes, Roasted Potatoes and Bacon</b> <b>Hot #2 Chicken Scaloppini Provençal</b> <b>Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce</b> <b>Cold #1 Roast Beef on Ciabatta</b> <b>Cold #2 Tossed Southwestern Salad</b> <b>Soup: Corn Chowder</b>	<b>Hot #1 Chicken Vera Cruz</b> <b>Hot #2 Beef Quesadillas</b> <b>Hot #3 Sweet Potato &amp; Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice, Pound Cake with Fresh Strawberries</b> <b>Cold #1 Chicken Caesar salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Broccoli &amp; White Bean</b>	<b>Hot #1 Spaghetti with Marinara Sauce, Caesar Salad</b> <b>Hot #2 Broiled Hamburgers</b> <b>Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream</b> <b>Cold #1 Asian Chicken Salad Wrap</b> <b>Cold #2 Cobb Salad</b> <b>Soup: Mexican Zucchini Cheese Soup</b>
18	19	20	21	22
<b>Hot #1 Beef Hot Dogs</b> <b>Hot #2 Chicken and Beef Sausage Jambalaya</b> <b>Hot #3 Vegetable Paella</b> <b>French Green beans, Tossed Salad, Baguette, Nilla Wafers</b> <b>Cold #1 Lamb Gyro</b> <b>Cold #2 California Tossed Green Salad</b> <b>Soup: Broccoli Cheddar</b>	<b>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce</b> <b>Hot #2 Fish Sticks</b> <b>Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit</b> <b>Cold #1 Tossed Asian Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Chicken Noodle</b>	<b>Hot #1 Taco Rice Bowl</b> <b>Hot #2 Roasted Turkey with Gravy</b> <b>Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette</b> <b>Peach Cobbler</b> <b>Cold #1 Tuna on Croissant</b> <b>Cold #2 Tossed BLT Salad</b> <b>Soup: Creamy Italian Tomato</b>	<b>Hot #1 Chicken Curry</b> <b>Hot #2 Orange Beef</b> <b>Hot #3 Mushroom Stroganoff,</b> <b>Broccoli, Rice, Baguette, Applesauce</b> <b>Cold #1 Grilled Chicken Fajita Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Potato Leek</b>	<b>Hot #1 Turkey Tetrizzini</b> <b>Hot #2 Pepperoni and Three-Cheese Pizza</b> <b>Hot #3 Ratatouille, Couscous, Green Beans and Corn, Caesar Salad, Angel Food Cake</b> <b>Cold #1 Chicken Salad Sandwich on Croissant</b> <b>Cold #2 Chicken Caesar salad</b> <b>Soup: Creamy Tortilla</b>
25	26	27	28	29
<b>Thanksgiving Break</b>  <b>NO SCHOOL</b>	<b>Thanksgiving Break</b>  <b>NO SCHOOL</b>	<b>Thanksgiving Break</b>  <b>NO SCHOOL</b>	<b>Thanksgiving Break</b>  <b>NO SCHOOL</b>	<b>Thanksgiving Break</b>  <b>NO SCHOOL</b>

# GOOD SHEPHERD

# December 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean &amp; Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette, Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar</p>	<p>3</p> <p>Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich  Soup: Chicken Noodle</p>	<p>4</p> <p>Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato</p>	<p>5</p> <p>Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich  Soup: Potato Leek</p>	<p>6</p> <p>Hot #1 Fish Sticks, Tossed Green Salad Hot #2 Beef Tacos (soft tacos for little's) Hot #3 Veggie Spanish Rice Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla</p>
<p>9</p> <p>Hot #1 Shells and Cheese, Tossed Green Salad Hot #2 BBQ Chicken Hot #3 Ratatouille, Couscous Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Cream of Mushroom</p>	<p>10</p> <p>Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Macaroni and Cheese Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach</p>	<p>11</p> <p>Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provencal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder</p>	<p>12</p> <p>Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato &amp; Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich  Soup: Creamy Broccoli &amp; White Bean</p>	<p>13</p> <p>Hot #1 Spaghetti with Marinara Sauce, Caesar Salad Hot #2 Broiled Hamburgers Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream Cold #1 Asian Chicken Salad Wrap Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup</p>
<p>16</p> <p>Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar</p>	<p>17</p> <p>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle</p>	<p>18</p> <p>Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad  Soup: Creamy Italian Tomato</p>	<p>19</p> <p>Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich  Soup: Potato Leek</p>	<p>20</p> <p><b>Early Dismissal</b>  <b>NO LUNCH</b></p>
<p>23</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>	<p>24</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>	<p>25</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>	<p>26</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>	<p>27</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>
<p>30</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>	<p>31</p> <p><b>Christmas Break</b>  <b>NO SCHOOL</b></p>			

# GOOD SHEPHERD

# January 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>Christmas Break</b>  <b>NO SCHOOL</b>	2 <b>Christmas Break</b>  <b>NO SCHOOL</b>	3 <b>Christmas Break</b>  <b>NO SCHOOL</b>
6 <b>Christmas Break</b>  <b>NO SCHOOL</b>	7 <b>Hot #1 Beef Picadillo over Rice,</b> <b>Hot #2 Grilled Cheese with Tomato Basil Soup,</b> <b>Hot #3 Macaroni and Cheese Tossed Salad, Corn, Baguette, Fresh Fruit</b> <b>Cold #1 Greek Salad with Grilled Chicken</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Tortellini Spinach</b>	8 <b>Hot #1 Pancakes, Roasted Potatoes and Bacon</b> <b>Hot #2 Chicken Scaloppini Provencal</b> <b>Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce</b> <b>Cold #1 Roast Beef on Ciabatta</b> <b>Cold #2 Tossed Southwestern Salad</b> <b>Soup: Corn Chowder</b>	9 <b>Hot #1 Chicken Vera Cruz</b> <b>Hot #2 Beef Quesadillas</b> <b>Hot #3 Sweet Potato &amp; Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice</b> <b>Pound Cake with Fresh Strawberries</b> <b>Cold #1 Chicken Caesar salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Creamy Broccoli &amp; White Bean</b>	10 <b>Hot #1 Spaghetti with Marinara Sauce, Caesar Salad</b> <b>Hot #2 Broiled Hamburgers</b> <b>Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream</b> <b>Cold #1 Asian Chicken Salad Wrap</b> <b>Cold #2 Cobb Salad</b> <b>Soup: Mexican Zucchini Cheese Soup</b>
13 <b>Hot #1 Beef Hot Dogs</b> <b>Hot #2 Chicken and Beef Sausage Jambalaya</b> <b>Hot #3 Vegetable Paella</b> French Green beans, Tossed Salad, Baguette, Nilla Wafers <b>Cold #1 Lamb Gyro</b> <b>Cold #2 California Tossed Green Salad</b> <b>Soup: Broccoli Cheddar</b>	14 <b>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce</b> <b>Hot #2 Fish Sticks</b> <b>Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit</b> <b>Cold #1 Tossed Asian Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Chicken Noodle</b>	15 <b>Hot #1 Taco Rice Bowl</b> <b>Hot #2 Roasted Turkey with Gravy</b> <b>Hot #3 Couscous with Tofu</b> Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler <b>Cold #1 Tuna on Croissant</b> <b>Cold #2 Tossed BLT Salad</b> <b>Soup: Creamy Italian Tomato</b>	16 <b>Hot #1 Chicken Curry</b> <b>Hot #2 Orange Beef</b> <b>Hot #3 Mushroom Stroganoff,</b> Broccoli, Rice, Baguette, Applesauce <b>Cold #1 Grilled Chicken Fajita Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Potato Leek</b>	17 <b>Hot #1 Turkey Tetrazzini</b> <b>Hot #2 Pepperoni and Three-Cheese Pizza</b> <b>Hot #3 Ratatouille, Couscous</b> Green Beans and Corn, Caesar Salad, Angel Food Cake <b>Cold #1 Chicken Salad Sandwich on Croissant</b> <b>Cold #2 Chicken Caesar salad</b> <b>Soup: Creamy Tortilla</b>
20 <b>MLK Day</b>  <b>NO SCHOOL</b>	21 <b>Hot #1 Shells and Cheese, Spinach Salad</b> <b>Hot #2 Meatloaf</b> <b>Hot #3 Moroccan Chickpeas</b> Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit <b>Cold #1 Greek Salad with Grilled Chicken</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Tortellini Spinach</b>	22 <b>Hot #1 Pancakes, Roasted Potatoes and Sausage</b> <b>Hot #2 South African Chutney Chicken</b> <b>Hot #3 Veggie Rice with Egg</b> Couscous, Tossed Salad, Baguette, Yogurt <b>Cold #1 Roast Beef on Ciabatta</b> <b>Cold #2 Tossed Southwestern Salad</b> <b>Soup: Corn Chowder</b>	23 <b>Hot #1 Loaded Baked Potato</b> <b>Hot #2 Gemelli Pasta with Bolognese Sauce</b> <b>Hot #3 Gemelli with Marinara</b> Broccoli, Corn, Baguette, Nilla Wafers <b>Cold #1 Chicken Caesar salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Creamy Broccoli &amp; White Bean</b>	24 <b>Hot #1 Chili Macaroni</b> <b>Hot #2 Grilled Cheese with Tomato Basil Soup,</b> <b>Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream</b> <b>Cold #1 Italian Sandwich</b> <b>Cold #2 Cobb Salad</b> <b>Soup: Mexican Zucchini Cheese Soup</b>
27 <b>Hot #1 Fusilli with Meatballs</b> <b>Hot #2 Chicken Quesadilla</b> <b>Hot #3 Black Bean &amp; Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette</b> Apple Sauce <b>Cold #1 Lamb Gyro</b> <b>Cold #2 California Tossed Green Salad</b> <b>Soup: Broccoli Cheddar</b>	28 <b>Hot #1 Taco Rice Bowl</b> <b>Hot #2 Spinach and Chicken Sausage,</b> <b>Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit</b> <b>Cold #1 Tossed Asian Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Chicken Noodle</b>	29 <b>Hot #1 Beef Hot Dogs</b> <b>Hot #2 Beef Tips over Wide Egg Noodles</b> <b>Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery</b> Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers <b>Cold #1 Tuna on Croissant</b> <b>Cold #2 Tossed BLT Salad</b> <b>Soup: Creamy Italian Tomato</b>	30 <b>Hot #1 Spaghetti with Meat Sauce</b> <b>Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots,</b> Tossed Salad Italian Dressing, Baguette, Nilla Wafers <b>Cold #1 Grilled Chicken Fajita Salad</b> <b>Cold #2 Turkey or Ham Sandwich</b> <b>Soup: Potato Leek</b>	31 <b>Hot #1 Fish Sticks, Tossed Green Salad</b> <b>Hot #2 Beef Tacos (soft tacos for little's)</b> <b>Hot #3 Veggie Spanish Rice</b> Lettuce, Tomato, Spannera, Beans, Apple Crisp <b>Cold #1 Chicken Salad Sandwich on Croissant</b> <b>Cold #2 Chicken Caesar salad</b> <b>Soup: Creamy Tortilla</b>

# GOOD SHEPHERD

# February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Hot #1 Shells and Cheese, Tossed Green Salad Hot#2 BBQ Chicken Hot #3 Ratatouille, Couscous Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Cream of Mushroom</p>	<p>4</p> <p>Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Macaroni and Cheese Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach</p>	<p>5</p> <p>Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provencal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder</p>	<p>6</p> <p>Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato &amp; Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli &amp; White Bean</p>	<p>7</p> <p>Hot #1 Spaghetti with Marinara Sauce, Caesar Salad Hot #2 Broiled Hamburgers Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream Cold #1 Asian Chicken Salad Wrap Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup</p>
<p>10</p> <p>Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar</p>	<p>11</p> <p>Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle</p>	<p>12</p> <p>Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato</p>	<p>13</p> <p>Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek</p>	<p>14</p> <p><b>Winter Break</b> <b>NO SCHOOL</b></p>
<p>17</p> <p><b>Winter Break</b> <b>NO SCHOOL</b></p>	<p>18</p> <p>Hot #1 Shells and Cheese, Spinach Salad Hot #2 Meatloaf Hot #3 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach</p>	<p>19</p> <p>Hot #1 Pancakes, Roasted Potatoes and Sausage Hot #2 South African Chutney Chicken Hot #3 Veggie Rice with Egg Couscous, Tossed Salad, Baguette, Yogurt Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder</p>	<p>20</p> <p>Hot #1 Loaded Baked Potato Hot #2 Gemelli Pasta with Bolognese Sauce Hot #3 Gemelli with Marinara Broccoli, Corn, Baguette, Nilla Wafers Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli &amp; White Bean</p>	<p>21</p> <p>Hot #1 Chili Macaroni Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream Cold #1 Italian Sandwich Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup</p>
<p>24</p> <p>Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean &amp; Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar</p>	<p>25</p> <p>Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle</p>	<p>26</p> <p>Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato</p>	<p>27</p> <p>Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek</p>	<p>28</p> <p>Hot #1 Fish Sticks, Tossed Green Salad Hot #2 Beef Tacos (soft tacos for little's) Hot #3 Veggie Spanish Rice Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla</p>

# GOOD SHEPHERD

# March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Hot #1 Shells and Cheese, Tossed Green Salad Hot#2 BBQ Chicken Hot #3 Ratatouille, Couscous Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Cream of Mushroom	3 Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Macaroni and Cheese Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	4 Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provencal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	5 Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli & White Bean	6 Hot #1 Spaghetti with Marinara Sauce, Caesar Salad Hot #2 Broiled Hamburgers Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream Cold #1 Asian Chicken Salad Wrap Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
9 Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	10 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	11 Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	12 Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	13 Hot #1 Turkey Tetrizzini Hot #2 Pepperoni and Three-Cheese Pizza Hot #3 Ratatouille, Couscous Green Beans and Corn, Caesar Salad, Angel Food Cake Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla
16 <b>Spring Break</b> <b>NO SCHOOL</b>	17 <b>Spring Break</b> <b>NO SCHOOL</b>	18 <b>Spring Break</b> <b>NO SCHOOL</b>	19 <b>Spring Break</b> <b>NO SCHOOL</b>	20 <b>Spring Break</b> <b>NO SCHOOL</b>
23 Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean & Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	24 Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	25 Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	26 Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette, Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	27 Hot #1 Fish Sticks, Tossed Green Salad Hot #2 Beef Tacos (soft tacos for little's) Hot #3 Veggie Spanish Rice Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla
30 Hot #1 Shells and Cheese, Tossed Green Salad Hot#2 BBQ Chicken Hot #3 Ratatouille, Couscous Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Cream of Mushroom	31 Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Macaroni and Cheese Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach			



# GOOD SHEPHERD

# April 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provencal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	2 Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice, Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Broccoli & White Bean	3 Hot #1 Spaghetti with Marinara Sauce, Caesar Salad Hot #2 Broiled Hamburgers Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream Cold #1 Asian Chicken Salad Wrap Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
6 Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	7 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	8 Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	9 Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	10 <b>Easter Break</b>  <b>NO SCHOOL</b>
13 <b>Easter Break</b>  <b>NO SCHOOL</b>	14 Hot #1 Shells and Cheese, Spinach Salad Hot #2 Meatloaf Hot #3 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	15 Hot #1 Pancakes, Roasted Potatoes and Sausage Hot #2 South African Chutney Chicken Hot #3 Veggie Rice with Egg Couscous, Tossed Salad, Baguette, Yogurt Cold #1 Roast Beef on Ciabatta Cold #2 Southwestern Salad Soup: Corn Chowder	16 Hot #1 Loaded Baked Potato Hot #2 Gemelli Pasta with Bolognese Sauce Hot #3 Gemelli with Marinara Broccoli, Corn, Baguette, Nilla Wafers Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli & White Bean	17 Hot #1 Chili Macaroni Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream Cold #1 Italian Sandwich Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
20 Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean & Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette, Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	21 Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	22 Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	23 Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette, Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	24 Hot #1 Fish Sticks, Tossed Green Salad Hot #2 Beef Tacos (soft tacos for little's) Hot #3 Veggie Spanish Rice Lettuce, Tomato, Spanish Rice, Beans, Apple Crisp Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla
27 Hot #1 Shells and Cheese, Tossed Green Salad Hot #2 BBQ Chicken Hot #3 Ratatouille, Couscous Broccoli Rice Casserole, Cole Slaw Baguette, Yogurt Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Cream of Mushroom	28 Hot #1 Beef Picadillo over Rice, Hot #2 Grilled Cheese with Tomato Basil Soup Hot #3 Macaroni and Cheese, Tossed Salad, Corn, Baguette, Fresh Fruit Cold #1 Greek Salad w/ Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	29 Hot #1 Pancakes, Roasted Potatoes and Bacon Hot #2 Chicken Scaloppini Provencal Hot #3 Lentils, Mashed Potatoes, French Green Beans, Baguette, Apple Sauce Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	30 Hot #1 Chicken Vera Cruz Hot #2 Beef Quesadillas Hot #3 Sweet Potato & Mushroom Vera Cruz, Tossed Salad with Cilantro Dressing, Rice, Pound Cake with Fresh Strawberries Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Broccoli & White Bean	

# GOOD SHEPHERD

# May 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Hot #1 Spaghetti with Marinara Sauce, Caesar Salad Hot #2 Broiled Hamburgers Hot #3 Plant Based Burgers (Wheat Buns) with Lettuce, Tomato, Tater Tots, Ice Cream Cold #1 Asian Chicken Salad Wrap Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
4 Hot #1 Beef Hot Dogs Hot #2 Chicken and Beef Sausage Jambalaya Hot #3 Vegetable Paella French Green beans, Tossed Salad, Baguette, Nilla Wafers Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	5 Hot #1 Chicken, Bowtie Pasta with Diced Tomato and Basil Cream Sauce Hot #2 Fish Sticks Hot #3 Radiatore Pasta with Basil Cream Sauce, Corn, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	6 Hot #1 Taco Rice Bowl Hot #2 Roasted Turkey with Gravy Hot #3 Couscous with Tofu Mashed Potatoes, Celery and Carrot Sticks with Ranch, Baguette Peach Cobbler Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	7 Hot #1 Chicken Curry Hot #2 Orange Beef Hot #3 Mushroom Stroganoff, Broccoli, Rice, Baguette, Applesauce Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	8 Hot #1 Turkey Tetrizzini Hot #2 Pepperoni and Three-Cheese Pizza Hot #3 Ratatouille, Couscous Green Beans and Corn, Caesar Salad, Angel Food Cake Cold #1 Chicken Salad Sandwich on Croissant Cold #2 Chicken Caesar salad Soup: Creamy Tortilla
11 Hot #1 Sticky Thai Meatballs, Hot #2 Lemon Rosemary Seared Chicken Hot #3 Lentil Mushroom Stew Peas and Carrots, Rice, Baguette, Graham Crackers Cold #1 Asian Chicken Salad Wrap Cold #2 California Tossed Green Salad Soup: Cream of Mushroom	12 Hot #1 Shells and Cheese, Spinach Salad Hot #2 Meatloaf Hot #3 Moroccan Chickpeas Cauliflower Gratin, Green Beans, Baguette, Fresh Fruit Cold #1 Greek Salad with Grilled Chicken Cold #2 Turkey or Ham Sandwich Soup: Tortellini Spinach	13 Hot #1 Pancakes, Roasted Potatoes and Sausage Hot #2 South African Chutney Chicken Hot #3 Veggie Rice with Egg Couscous, Tossed Salad, Baguette, Yogurt Cold #1 Roast Beef on Ciabatta Cold #2 Tossed Southwestern Salad Soup: Corn Chowder	14 Hot #1 Loaded Baked Potato Hot #2 Gemelli Pasta with Bolognese Sauce Hot #3 Gemelli with Marinara Broccoli, Corn, Baguette, Nilla Wafers Cold #1 Chicken Caesar salad Cold #2 Turkey or Ham Sandwich Soup: Creamy Broccoli & White Bean	15 Hot #1 Chili Macaroni Hot #2 Grilled Cheese with Tomato Basil Soup, Hot #3 Pasta Primavera, Tossed Green Salad, Baguette, Ice Cream Cold #1 Italian Sandwich Cold #2 Cobb Salad Soup: Mexican Zucchini Cheese Soup
18 Hot #1 Fusilli with Meatballs Hot #2 Chicken Quesadilla Hot #3 Black Bean & Spinach Quesadilla, Corn, Southwestern Slaw with Ranch, Baguette Apple Sauce Cold #1 Lamb Gyro Cold #2 California Tossed Green Salad Soup: Broccoli Cheddar	19 Hot #1 Taco Rice Bowl Hot #2 Spinach and Chicken Sausage, Hot #3 Lentil Tacos, Rice, Tossed Salad, Baguette, Fresh Fruit Cold #1 Tossed Asian Salad Cold #2 Turkey or Ham Sandwich Soup: Chicken Noodle	20 Hot #1 Beef Hot Dogs Hot #2 Beef Tips over Wide Egg Noodles Hot #3 Italian Veggies over Wide Egg Noodles, Carrot and Celery Sticks with Ranch, Tossed Salad, Baguette, Graham Crackers Cold #1 Tuna on Croissant Cold #2 Tossed BLT Salad Soup: Creamy Italian Tomato	21 <i>GWCTD Last Day</i> Hot #1 Spaghetti with Meat Sauce Hot #2 Chicken Volterra, Hot #3 Wheat Spaghetti, Sweet Potato, Zucchini Volterra, Peas and Carrots, Tossed Salad Italian Dressing, Baguette Nilla Wafers Cold #1 Grilled Chicken Fajita Salad Cold #2 Turkey or Ham Sandwich Soup: Potato Leek	22 <i>Last Day of School</i>  <b>Early Release</b>  <b>NO LUNCH</b>
25	26	27	28	29