

Allergens listed: (W)wheat, (S) soy, (SO)Soybean Oil, (M)milk, (E)egg

Good Shepherd is a **NUT FREE** school.

August/September 2024

SY 2024 - 2025
Lunch - Free Milk - \$0.50
Ala Carte - \$1.75 Adult - \$5.00

| Monday | 26 | Tuesday | 27 | Wednesday | 28 | Thursday | 29 | Friday | 30 |
|---|--------------------------|--------------------|-------------------------|----------------------------------|-----------------------------|-----------------|-------------------------|---|--------------------|
|  | | Popcorn Chicken | Carb:19g/W, M, S | WG Buttered Noodles w/Meat Sauce | Carb:39g/W, M Carb:8g/SO | WG Pretzel | carb:0g/W |  | |
| | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | | |
| | | Vegetable | | Vegetable | | Vegetable | | | |
| | | WG Turkey & Cheese | carb:30g/W, S, M | WG Sunbutter & Jelly | carb:47g/W, S | WG Ham & Cheese | carb:31g/W, S, M | | |
| | | Salad Bar | | Salad Bar | | Salad Bar | | | |
| Monday | 2 | Tuesday | 3 | Wednesday | 4 | Thursday | 5 | Friday | 6 |
|  | | BBQ Meatballs | Carb:23g/W, S, SO, M | Zoo Nuggets | Carb:13g/W, S | Hamburger | Carb:1g/S |  | |
| | | Cornbread | Carb:26g/W, S, SO, M | | | Cheeseburger | Carb: 3g/S, M | | |
| | | Fresh Fruit | | Fresh Fruit | | WG Bun | carb:28g/W, S | | |
| | | Vegetable | | Vegetable | | Fresh Fruit | | | |
| | | WG Turkey & Cheese | carb:30g/Wheat,milk,soy | WG Sunbutter & Jelly | carb:47g/Wheat,soy | WG Ham & Cheese | carb:31g/Wheat,milk,soy | WG Sunbutter & Jelly | carb:47g/Wheat,soy |
| | | Salad Bar | | Salad Bar | | Salad Bar | | Salad Bar | |
| Monday | 9 | Tuesday | 10 | Wednesday | 11 | Thursday | 12 | Friday | 13 |
| Mini Corndog | carb:19g/W, M, S, E | Chicken Quesadilla | w, M | Italian Rice Bake | Carb: 36g/ S, M | Chicken Tenders | Carb:16g/W, S | Bosco Cheese Sticks | |
| | | | | | | | | Marinara Sauce | |
| | | | | | | | | Carb 27g/ W, M, S, SO | |
| | | | | | | | | Carb 4g/ SO | |
| Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | |
| Vegetable | | Vegetable | | Vegetable | | Vegetable | | Vegetable | |
| WG Ham & Cheese | carb:31g/Wheat,milk,soy | WG Turkey & Cheese | carb:30g/Wheat,milk,soy | WG Sunbutter & Jelly | carb:47g/Wheat,soy | WG Ham & Cheese | carb:31g/Wheat,milk,soy | WG Sunbutter & Jelly | carb:47g/Wheat,soy |
| Salad Bar | | Salad Bar | | Salad Bar | | Salad Bar | | Salad Bar | |
| Monday | 16 | Tuesday | 17 | Wednesday | 18 | Thursday | 19 | Friday | 20 |
| Beef Nachos | Carb:21g/S, SO | Chicken Patty | carb:18g/W | Chicken Caesar Wrap | | Corndog | Carb:30g/ W, M, S, SO | Grilled Cheese | |
| | | WG Bun | carb:28g/W, S | | | | | Alphabet Soup | |
| Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | Fresh Fruit | |
| Vegetable | | Vegetable | | Vegetable | | Vegetable | | Vegetable | |
| WG Ham & Cheese | carb:31g/Wheat,milk,soy | WG Turkey & Cheese | carb:30g/Wheat,milk,soy | WG Sunbutter & Jelly | carb:47g/Wheat,soy | WG Ham & Cheese | carb:31g/Wheat,milk,soy | WG Sunbutter & Jelly | carb:47g/Wheat,soy |
| Salad Bar | | Salad Bar | | Salad Bar | | Salad Bar | | Salad Bar | |
| Monday | 23 | Tuesday | 24 | Wednesday | 25 | Thursday | 26 | Friday | 27 |
| French Toast Sticks | Carb: 26g/W, M, S, SO, E | Chicken Teriyaki | Carb: 4g/ W, S | Popcorn Chicken | Carb:19g/W, M, S | Hot Dog | carb:1g/no allergen |  | |
| Sausage | | Rice | | | | Chili Dog | carb:28g/W, S | | |
| Fresh Fruit | | Fresh Fruit | | Fresh Fruit | | WG Bun | | | |
| Vegetable | | Vegetable | | Vegetable | | Fresh Fruit | | | |
| WG Ham & Cheese | carb:31g/W, M, S | WG Turkey & Cheese | carb:30g/W, M, S | WG Sunbutter & Jelly | carb:47g/Wheat,soy | WG Ham & Cheese | carb:31g/W, M, S | | |
| Salad Bar | | Salad Bar | | Salad Bar | | Salad Bar | | | |

A variety of fresh fruit and vegetable are offered daily

WG = Whole Grain

"This institution is an equal opportunity provider."

**Disclaimer: Carb and allergen information noted based on certain, regularly ordered items, if an item needs to be substituted, we will do our best to ensure allergen and carb info is communicated to teachers/students who need the information.