



Jesus the Good Shepherd School Lunch Menu November 2018

Students must choose at least 3 of 5 meal components offered daily
(protein, grain, vegetable, fruit, and milk) and 1 component must be a fruit or a vegetable.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Spaghetti & Meat Sauce or Wowbutter Sandwich Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	Hot Dog w/Chili & Cheese or Oven Baked Chicken Nuggets Best Baked Beans Tater Tots Pears w/Strawberry Jell-O Cinnamon Roll Milk
5	6	7	8	9
Midway Corndog or Oven Baked Chicken Nuggets Fresh Broccoli Florets Tater Tots Classic Applesauce Sugar Cookie Milk	Pizza Hut Pizza or Homemade Mac & Cheese Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Oatmeal Cookie Milk	Oven Roasted Chicken or Oven Baked Chicken Nuggets Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail Homemade Yeast Roll Milk	Fiesta Tacos or Chicken Fajitas Creamy Refried Beans Fresh Veggie Cup Sweet Sliced Peaches Spanish Rice Milk	Nachos w/Cheese & Chili or Mini Corn Dogs Oven Crisp French Fries Sweet Corn Pears w/Strawberry Jell-O Mac & Cheese Milk
1	13	14	15	16
Char-Broiled Hamburger or Mini Corn Dogs Oven Crisp French Fries Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Milk	Pizza Hut Pizza or Oven Baked Chicken Nuggets Sweet Corn Fresh Cucumber Sticks Fresh Seasonal Fruit Royal Brownie Milk	Thanksgiving Turkey or Oven Baked Chicken Nuggets Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Homemade Yeast Roll Milk	Spaghetti & Meat Sauce or Wowbutter Sandwich Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	Hot Dog w/Chili & Cheese or Oven Baked Chicken Nuggets Best Baked Beans Tater Tots Pears w/Strawberry Jell-O Cinnamon Roll Milk
19	20	21	22	23



26	27	28	29	30
Grilled Cheese Sandwich or Oven Baked Chicken Nuggets Fresh Broccoli Florets Tater Tots Classic Applesauce Sugar Cookie Milk	Pizza Hut Pizza or Mini Corn Dogs Sweet Buttered Carrots Crisp Spring Salad Fresh Seasonal Fruit Salad Oatmeal Cookie Milk	BBQ Baked Chicken or Oven Baked Chicken Nuggets Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail Homemade Yeast Roll Milk	Southwest Beef Burritos or Ham Sandwich Pack Creamy Refried Beans Fresh Veggie Cup Sweet Sliced Peaches Spanish Rice Milk	Nachos w/Cheese & Chili or Mini Corn Dogs Oven Crisp French Fries Sweet Corn Pears w/Strawberry Jell-O Mac & Cheese Milk

Menus are subject to change based on availability of products.

Various Daily/Weekly Options:

2018-2019 Meal Prices

Reduced	\$0.40
Student	\$3.60
Adult/Visitor	\$5.60
Milk	\$0.75

Second Servings and Smart Snacks are available at additional cost. Prices are posted in school cafeterias.

- **Chef Salads:** Egg, or Ham, or Chicken, offered daily.
- **Baked Potatoes** with Vegetable, or Meat, or Cheese offered weekly.
- **Fat Free condiments** daily may include: Ranch, Italian & Honey Mustard Dressings, BBQ and Tartar Sauces, and Mayo, Mustard, and Ketchup.
- **Milk Choices** daily include: Non-Fat Chocolate Milk and 1% White Milk.
- **Whole Grains:** All grain items are Whole Grain Rich.
- **Extra Sales USDA Approved Smart Snacks** options offered daily may include: 100% Fruit Juices, variety of Baked Chips, and low-fat and/or sugar-free Frozen Juices or Ice Creams.

Prices are posted for all items in school cafeterias.

Please sign up to monitor and maintain your child's meal account at www.myschoolbucks.com.
Please contact the Diocese of Shreveport Office of Child Nutrition for more information at (318) 219-7297.

This institution is an equal opportunity provider.