



Jesus the Good Shepherd School Lunch Menu August 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
6	7	8	9	10
			Oven Baked Chicken Nuggets Oven Baked Fries Seasoned Green Beans Frozen Strawberry Cup Macaroni & Cheese Milk	Pizza Hut Pizza Corn Fresh Veggie Cup Fruit Cocktail Milk
13	14	15	16	17
Midway Corndog or Mac & Cheese Fresh Broccoli Florets Tater Tots Classic Applesauce Sugar Cookie Milk	Pizza Hut Pizza or Turkey & Cheese Sandwich 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 Oven Baked Chicken Nuggets Creamy Refried Beans Sweet Corn Sweet Sliced Peaches Spanish Rice Milk	Nachos w/Cheese & Chili or Mini Corn Dogs Oven Crisp French Fries Fresh Veggie Cup Pears w/Strawberry Jell-O Mac & Cheese Milk
20	21	22	23	24
Char-Broiled Hamburger or Pulled Pork Sandwich or Baked Potato 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 Fruit Salad Royal Brownie Milk	Oven Style Chicken Tenders or Mini Corn Dogs Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Rice & Gravy 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
27	28	29	30	31
Grilled Cheese Sandwich or Mini Corn Dogs 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 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 Oven Baked Chicken Nuggets Creamy Refried Beans Sweet Corn Sweet Sliced Peaches Spanish Rice Milk	Nachos w/Cheese & Chili or Pulled Pork Sandwich or Baked Potato Oven Crisp French Fries Fresh Veggie Cup Pears w/Strawberry Jell-O Mac & Cheese Milk

Menus are subject to change based on availability of products.

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.

Various Daily/Weekly Options:

- **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.