



Jesus the Good Shepherd School Lunch Menu February 2019

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
4 Char-Broiled Hamburger or Mini Corn Dogs Oven Crisp French Fries Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Milk	5 Pizza Hut Pizza or Oven Baked Chicken Nuggets Sweet Corn Fresh Cucumber Sticks Fresh Fruit Salad Royal Brownie Milk	6 Oven Style Chicken Tenders or Mini Corn Dogs Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Rice & Gravy Milk	7 Spaghetti & Meat Sauce or Turkey Sandwich Pack Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	8 Hot Dog w/Chili & Cheese or Oven Baked Chicken Nuggets Best Baked Beans Tater Tots Pears w/Strawberry Jell-O Cinnamon Roll Milk
11 Cheesy Chicken Pasta or Mini Corn Dogs Fresh Broccoli Florets Tater Tots Classic Applesauce Sugar Cookie Milk	12 Pizza Hut Pizza or Homemade Mac & Cheese Sweet Potato Soufflé Crisp Spring Salad Fresh Seasonal Fruit Oatmeal Cookie Milk	13 Oven Roasted Chicken or Oven Baked Chicken Nuggets Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail Homemade Yeast Roll Milk	14 Fiesta Tacos or Mini Corn Dogs Creamy Refried Beans Fresh Veggie Cup Sweet Sliced Peaches Spanish Rice Milk	15 Nachos w/Cheese & Chili or Chicken Quesadillas Oven Crisp French Fries Sweet Corn Pears w/Strawberry Jell-O Mac & Cheese Milk
18 Grilled Cheese Sandwich or Oven Baked Chicken Nuggets Fresh Broccoli Florets Tater Tots Classic Applesauce Sugar Cookie Milk	19 Pizza Hut Pizza or Oven Baked Chicken Nuggets Sweet Corn Fresh Cucumber Sticks Fresh Fruit Salad Royal Brownie Milk	20 Oven Style Chicken Tenders or Beef Steak Fingers Creamy Whipped Potatoes Seasoned Green Beans Pineapple Tidbits Rice & Gravy Milk	21 Spaghetti & Meat Sauce or Turkey Sandwich Pack Fresh Baby Carrots Crisp Spring Salad Classic Applesauce Fresh Garlic Breadsticks Milk	22 Nachos w/Cheese & Chili or Mini Corn Dogs Oven Crisp French Fries Sweet Corn Pears w/Strawberry Jell-O Mac & Cheese Milk
25 Char-Broiled Hamburger or Crispy Chicken Sandwich Oven Crisp French Fries Steamed Broccoli Sweet Chilled Peaches Mac & Cheese Milk	26 Pizza Hut Pizza or Mini Corn Dogs Sweet Buttered Carrots Crisp Spring Salad Fresh Seasonal Fruit Oatmeal Cookie Milk	27 Oven Roasted Chicken or Oven Baked Chicken Nuggets Creamy Whipped Potatoes Seasoned Green Beans Fruit Cocktail Homemade Yeast Roll Milk	28 Southwest Beef Burrito or Midway Corn Dog Creamy Refried Beans Fresh Veggie Cup Sweet Sliced Peaches Spanish Rice Milk	MAR 1 Hot Dog w/Chili & Cheese or Ballpark Chili Frito Best Baked Beans Tater Tots Pears w/Strawberry Jell-O Cinnamon Roll 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

2nd Servings

Main Dish	\$1.60
Veggie or Fruit	\$0.75
Breads	\$0.50
Milk	\$0.75

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.

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.