



MAY 2022

"A healthy outside starts from the inside"-
From Good Shepherd School

Nutritional Development Services
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Beef Bologna & Cheese on Wheat Bread Bagged Baby Carrots Fresh Fruit Milk</p>	<p>3</p> <p>Chicken Garden Salad Romaine Mix Fresh Fruit Whole Grain Dinner Roll Milk</p>	<p>4</p> <p>Tuna Salad Sandwich on Whole Grain Flat Bread Fiesta Corn Salsa Fresh Fruit Milk</p>	<p>5</p> <p>BBQ Chicken Wrap on Whole Grain Tortilla Black Bean & Corn Salad Fresh Fruit Milk</p>	<p>6</p> <p>Hummus Protein Pak Sliced Cucumbers Fresh Fruit Whole Grain Pita Milk</p>
<p>9</p> <p>Turkey & Cheese on Whole Grain Wheat Diced Tomato Salad Fresh Fruit Milk</p>	<p>10</p> <p>American Hoagie on a Whole Grain Roll Celery Sticks Fresh Fruit Milk</p>	<p>11</p> <p>Chicken Caesar Wrap on Whole Grain Tortilla Garbanzo Bean Salad Fresh Fruit Milk</p>	<p>12</p> <p>Garden Salad with Cheese Romaine Mix Fresh Fruit Whole Grain Dinner Roll Milk</p>	<p>13</p> <p>Grilled Chicken on a Whole Grain Bun Fiesta Corn Salsa Fresh Fruit Milk</p>
<p>16</p> <p>Turkey BLT on Whole Grain Flatbread Potato Salad Fresh Fruit Milk</p>	<p>17</p> <p>Chicken Salad on Whole Grain Bun White Bean Salad Fresh Fruit Milk</p>	<p>18</p> <p>Roast Beef & Cheese on Whole Grain Bun Broccoli Fresh Fruit Milk</p>	<p>19</p> <p>Beef Bologna & Cheese on Whole Grain Wheat Bagged Baby Carrots Fresh Fruit Milk</p>	<p>20</p> <p>Tuna Salad Sandwich on Whole Grain Flat Bread Cucumber Salad Fresh Fruit Milk</p>
<p>23</p> <p>Grilled Chicken on Whole Grain Bun Three Bean Salad Fresh Fruit Milk</p>	<p>24</p> <p>Turkey Hoagie on Whole Grain Roll Carrot Raisin Salad Fresh Fruit Milk</p>	<p>25</p> <p>Turkey Chef Salad Romaine Mix Fresh Fruit Whole Grain Dinner Roll Milk</p>	<p>26</p> <p>Chicken Caesar Wrap on Whole Grain Tortilla Buttermilk Ranch Potato Salad Fresh Fruit Milk</p>	<p>27</p> <p>Italian Wrap on Whole Grain Tortilla Cole Slaw Fresh Fruit Milk</p>
<p>30</p> <p>Memorial Day</p>	<p>31</p>			

PLEASE READ CAREFULLY. Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.