



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

2
Beef Bologna & Cheese on Wheat Bread
Bagged Baby Carrots
Dragon Punch Vegetable Juice
Fresh Fruit
Dole Tropical Fruit Cup
Milk

9
Turkey & Cheese on Whole Grain Wheat
Diced Tomato Salad
Dragon Punch Vegetable Juice
Fresh Fruit
Apple Crisps
Milk

16
Turkey BLT on Whole Grain Flatbread
Potato Salad
Sunset Sip Vegetable Juice
Fresh Fruit
Bagged Sliced Apples
Milk

23
Grilled Chicken on Whole Grain Bun
Three Bean Salad
Cherry Star Vegetable Juice
Fresh Fruit
Cherry Craisins
Milk

Tuesday

3
Chicken Garden Salad Romaine Mix
Wango Mango Vegetable Juice
Fresh Fruit
Watermelon Craisins
Whole Grain Dinner Roll
Milk

10
American Hoagie on a Whole Grain Roll
Celery Sticks
Cherry Star Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

17
Chicken Salad on Whole Grain Bun
White Bean Salad
Bagged Baby Carrots
Fresh Fruit
Watermelon Craisins
Milk

24
Turkey Hoagie on Whole Grain Roll
Carrot Raisin Salad
Wango Mango Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

Wednesday

4
Tuna Salad Sandwich on Whole Grain Flat Bread
Fiesta Corn Salsa
Cherry Star Vegetable Juice
Fresh Fruit
Dole Pineapple Cup
Milk

11
Chicken Caesar Wrap on Whole Grain Tortilla
Garbanzo Bean Salad
Dragon Punch Vegetable Juice
Fresh Fruit
Dole Tropical Fruit Cup
Milk

18
Roast Beef & Cheese on Whole Grain Bun
Broccoli
Dragon Punch Vegetable Juice
Fresh Fruit
Dole Mandarin Orange Cup
Milk

25
Turkey Chef Salad Romaine Mix
Dragon Punch Vegetable Juice
Fresh Fruit
Dole Tropical Fruit Cup
Whole Grain Dinner Roll
Milk

Thursday

5
BBQ Chicken Wrap on Whole Grain Tortilla
Black Bean & Corn Salad
Dragon Punch Vegetable Juice
Fresh Fruit
Dole Tropical Fruit Cup
Milk

12
Garden Salad with Cheese Romaine Mix
Wango Mango Vegetable Juice
Fresh Fruit
Dole Pineapple Cup
Whole Grain Dinner Roll
Milk

19
Beef Bologna & Cheese on Whole Grain Wheat
Bagged Baby Carrots
Sunset Sip Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

26
Chicken Caesar Wrap on Whole Grain Tortilla
Buttermilk Ranch Potato Salad
Sunset Sip Vegetable Juice
Fresh Fruit
Strawberry Apple Crisps
Milk

Friday

6
Hummus Protein Pak Sliced Cucumbers
Sunset Sip Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Whole Grain Pita
Milk

13
Grilled Chicken on a Whole Grain Bun
Fiesta Corn Salsa
Sunset Sip Vegetable Juice
Fresh Fruit
Cherry Craisins
Milk

20
Tuna Salad Sandwich on Whole Grain Flat Bread
Cucumber Salad
Cherry Star Vegetable Juice
Fresh Fruit
Apple Crisps
Milk

27
Italian Wrap on Whole Grain Tortilla
Cole Slaw
Bagged Baby Carrots
Fresh Fruit
Mott's Apple White Grape Juice
Milk

30
Memorial Day

31

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.