



# The Good Shepherd Lunch Menu February 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	31 Red Beans & Rice Smoked Sausage Carrots Roll Fresh Fruit & Milk	1 Beef Tacos Corn Refried Beans Fresh Fruit & Milk	2 Chicken Alfredo Green Beans Fresh Fruit & Milk	3 BRUNCH! Scrambled Eggs Sausage Waffles Tater Tots Fresh Fruit & Milk	4 Hamburger Broccoli Fresh Fruit & Milk
WEEK 2	7 Chicken & Sausage Gumbo Rice Carrots Fresh Fruit & Milk	8 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	9 Spaghetti & Meatballs Green Beans Fresh Fruit & Milk	10 Crispy Chicken Sandwich Baked Beans Fresh Fruit & Milk	11 Cheese Pizza French Fries Fresh Fruit & Milk
WEEK 3	14 Shephard's Pie Broccoli Dinner Roll Fresh Fruit & Milk	15 Beef Tacos Corn Refried Beans Fresh Fruit & Milk	16 Chicken Parmesan Spaghetti Green Beans Fresh Fruit & Milk	17 Stewed Chicken Rice Carrots Fresh Fruit & Milk	18 Mini Corn Dogs French Fries Broccoli Fresh Fruit & Milk
WEEK 4	21 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	22 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	23 Meatball Poboy Green Beans Fresh Fruit & Milk	24 Chicken & Sausage Gumbo Rice Dinner Roll Peas Fresh Fruit & Milk	25 Pepperoni Pizza Sweet Potato Fries Fresh Fruit & Milk

\*This institution is an equal opportunity provider.

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