



The Good Shepherd Lunch Menu January 2022



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	3 No School	4 Beef Tacos Corn Refried Beans Fresh Fruit & Milk	5 Chicken Alfredo Green Beans Fresh Fruit & Milk	6 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	7 Hamburger Carrots Fresh Fruit & Milk
WEEK 2	10 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	11 Beef Tacos Corn Fresh Fruit & Milk	12 Meatball Sub Green Beans Fresh Fruit & Milk	13 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	14 Pepperoni Pizza Sweet Potato Fries Fresh Fruit & Milk
WEEK 3	17 Martin Luther King Day No School	18 Beef Tacos Corn Refried Beans Fresh Fruit & Milk	19 BBQ Rib Sandwich Green Beans French Fries Fresh Fruit & Milk	20 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	21 Crispy Chicken Sandwich Carrots Fresh Fruit & Milk
WEEK 4	24 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	25 Beef Tacos Corn Fresh Fruit & Milk	26 Chicken and Sausage Gumbo Green Beans Fresh Fruit & Milk	27 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	28 Mini Corn Dogs Sweet Potato Fries Fresh Fruit & Milk

*This institution is an equal opportunity provider.