



The Good Shepherd Lunch Menu October 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	27 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	28 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	29 Meatball Sub Cauliflower French Fries Fresh Fruit & Milk	30 BRUNCH! Egg & Sausage Waffles Tater Tots Fresh Fruit & Milk	1 BBQ Rib Sandwich Baked Beans Fresh Fruit & Milk
WEEK 2	4 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	5 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	6 Chicken Alfredo Cauliflower Fresh Fruit & Milk	7 Crispy Chicken Sandwich Baked Beans Cole Slaw Fresh Fruit & Milk	8 Mini Corn Dogs French Fries Fresh Fruit & Milk
WEEK 3	11 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	12 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	13 Baked Chicken Mac & Cheese Cauliflower Fresh Fruit & Milk	14 Soft Tacos Corn Fresh Fruit & Milk	15 Cheese Pizza French Fries Fresh Fruit & Milk
WEEK 4	18 Jambalaya Carrots Bread Roll Fresh Fruit & Milk	19 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	20 Chicken Parmesan Cauliflower Fresh Fruit & Milk	21 Chicken Teriyaki Veggie Fried Rice Mixed Vegetables Fresh Fruit & Milk	22 Hamburger Baked Beans Tater Tots Fresh Fruit & Milk
	25 Baked Chicken Mac & Cheese Carrots Fresh Fruit & Milk	26 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	27 Spaghetti & Meatball Cauliflower Fresh Fruit & Milk	28 Soft Tacos Refried Beans Corn Fresh Fruit & Milk	29 Pizza French Fries Fresh Fruit & Milk

*This institution is an equal opportunity provider.



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