



# The Good Shepherd Lunch Menu September 2021



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1			1 Meatball Sub Cauliflower French Fries Fresh Fruit & Milk	2 <b>BRUNCH!</b> Eggs & Sausage Waffles Tater Tots Fresh Fruit & Milk	3 BBQ Rib Sandwich Baked Beans Fresh Fruit & Milk	
WEEK 2	6 Red Beans & Rice Smoked Sausage Carrots Fresh Fruit & Milk	7 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	8 Chicken Alfredo Cauliflower Fresh Fruit & Milk	9 Crispy Chicken Sandwich Baked Beans Cole Slaw Fresh Fruit & Milk	10 Mini Corn Dogs French Fries Fresh Fruit & Milk	
WEEK 3	13 Red Beans & Rice Smoked Sausage Carrots Dinner Roll Fresh Fruit & Milk	14 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	15 Baked Chicken Mac & Cheese Cauliflower Fresh Fruit & Milk	16 Soft Tacos Corn Fresh Fruit & Milk	17 Cheese Pizza French Fries Fresh Fruit & Milk	
WEEK 4	20 Chicken & Sausage Gumbo Rice Carrots Fresh Fruit & Milk	21 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	22 Chicken Parmesan Cauliflower Fresh Fruit & Milk	23 Chicken Teriyaki Veggies Fried Rice Mixed Vegetables Fresh Fruit & Milk	24 Hamburger Baked Beans Tater Tots	
WEEK 5	27 Baked Chicken Mac & Cheese Carrots Dinner Roll Fresh Fruit & Milk	28 Chicken Tenders Mashed Potatoes Broccoli Fresh Fruit & Milk	29 Meatballs & Spaghetti Cauliflower Fresh Fruit & Milk	30 Soft Tacos Refried Beans Corn Fresh Fruit & Milk		

\*This institution is an equal opportunity provider.


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