

Welcome to our Lunch Cafe @ Shepard School

October
2017

Monday

Tuesday

Wednesday

Thursday

Friday

2 Chicken Nuggets Fries Dinner Roll Or Turkey & Cheese Sandwich Corn All With Fresh Red Delicious Apple	3 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Shredded Carrots All With Bosc Pear	4 Cheese Pizza Or Turkey & Cheese Sandwich All With Shredded Carrots Celery Sticks Fresh Apple Sliced Peaches	5 Crispy Chicken Sandwich Or Turkey & Cheese Sandwich All With Side of Beans Diced Pears Fresh Orange	6 Stuffed Bread Sticks With Spaghetti Sauce Or Turkey & Cheese Sandwich All With Steamed Broccoli Cucumber Coins Fresh Banana
9 Chicken Nuggets Fries Dinner Roll Or Turkey & Cheese Sandwich Corn All With Fresh Red Delicious Apple	10 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Shredded Carrots All With Bosc Pear Applesauce	11 Cheese Pizza Or Turkey & Cheese Sandwich All With Shredded Carrots Celery Sticks Fresh Apple Sliced Peaches	12 Crispy Chicken Sandwich Or Turkey & Cheese Sandwich All With Side of Beans Diced Pears Fresh Orange	13 Stuffed Bread Sticks With Spaghetti Sauce Or Turkey & Cheese Sandwich All With Steamed Broccoli Cucumber Coins Fresh Banana
16 Chicken Nuggets Fries Dinner Roll Or Turkey & Cheese Sandwich Corn All With Fresh Red Delicious Apple	17 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Shredded Carrots All With Applesauce Bosc Pear	18 Cheese Pizza Or Turkey & Cheese Sandwich All With Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple	19 Chicken Sandwich Or Turkey & Cheese Sandwich All With Side of Beans Fresh Orange Diced Pears	20 Stuffed Bread Sticks With Spaghetti Sauce Or Turkey & Cheese Sandwich All With Steamed Broccoli Cucumber Coins Fresh Banana
23 Chicken Nuggets Fries Dinner Roll Or Turkey & Cheese Sandwich Corn All With Fresh Red Delicious Apple	24 Cheeseburger With Glazed Carrots Or Turkey & Cheese Sandwich Shredded Carrots All With Applesauce	25 Cheese Pizza Or Turkey & Cheese Sandwich All With Shredded Carrots Celery Sticks Sliced Peaches Fresh Red Delicious Apple	26 Chicken Sandwich Or Turkey & Cheese Sandwich All With Side of Beans Diced Pears Fresh Orange	27 Stuffed Bread Sticks With Spaghetti Sauce All With Steamed Broccoli Cucumber Coins Fresh Banana Pineapple Tidbits
30 Chicken Nuggets Fries Or Turkey & Cheese Sandwich Corn All With Fresh Red Delicious Apple Diced Pears	31 Cheeseburger Glazed Carrots Or Turkey & Cheese Sandwich Shredded Carrots All With Applesauce Bosc Pear	  		

SIMPLY ROOTED™ in food and family

All of our products have zero trans-fats, unless they are naturally occurring. We are Simply Rooted™ in food and family and use ingredients that are locally sourced, all natural,

and organic or non-GMO, whenever possible.



We proudly support clean, organic, local and sustainable agriculture.

LUNCH \$3.75

ALL LUNCHESES INCLUDE
PROTEIN
FRESH FRUIT
VEGETABLE
& CHOICE OF MILK
FAT FREE CHOCOLATE
OR LOW FAT WHITE

DAILY COLD ALTERNATES

TUNA FISH SALAD ON A KAISER ROLL
CHICKEN CAESAR SALAD ENTREE
W/DINNER ROIS
COLD ENTREE SERVED WITH COLD
VEGETABLE OF THE DAY AND FRUIT

All proteins meet 2 meat/meat alternate,
2 Grains & 1/2 cup fruit & 3/4 cup vegetable
served daily