



# September 2017



## High School Lunch

### Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich.

**Archdiocese of Philadelphia**  
222 N. 17th Street  
Philadelphia, PA 19103  
215-895-3470

SchoolMealsNDS

NDSSchoolLunchProgram

SchoolMealsNDS

[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)

**PLEASE READ CAREFULLY** Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p style="text-align: center;"><b>Labor Day</b></p>	<p><b>5</b></p> <p>292 Wheat Penne Pasta OR 402 Spaghetti with Meatballs &amp; 118 String Cheese 623 Broccoli 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll</p>	<p><b>6</b></p> <p>255 Cheese Stuffed Breadsticks 682 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 691 Orange Amazin' Raisins</p>	<p><b>7</b></p> <p>205 Popcorn Chicken 704 French Fries 628 Mixed Vegetables 447 Mott's Apple White Grape Juice 670 Fresh Fruit 992 Oatmeal Cookie</p>	<p><b>8</b></p> <p>227 BBQ Chicken &amp; Cheese Wrap OR 215 Gordita Chipotle Chicken Fold 'N' Go 706 Fresh Romaine Salad with Cherry Tomatoes 611 Bagged Baby Carrots 608 Dole Tropical Fruit Cup 445 Mott's Fruit Punch Juice 929 Keebler Elf Grahams</p>
<p><b>11</b></p> <p>218 Mozzarella Pinwheel OR 223 Veggie Pinwheel 682 Marinara Sauce 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 659 Dried Fruit Blend</p>	<p><b>12</b></p> <p>253 Hot Dog with French Fries &amp; 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 603 Maple Baked Beans 445 Mott's Fruit Punch Juice 688 Applesauce 990 Chocolate Chip Cookie</p>	<p><b>13</b></p> <p>262 Ranchero Beef Pizza OR 217 Teriyaki Chicken with Rice &amp; 904 Wheat Bread 625 Sweet Maple Carrots 631 Cherry Star Vegetable Juice 670 Fresh Fruit 609 Dole Mixed Fruit Cup</p>	<p><b>14</b></p> <p>288 Waffles with Sausage &amp; 117 Wow Butter OR 134 Cherry Vanilla Yogurt OR 482 Grilled Chicken Fillet 634 Hash Browns 708 Fresh Romaine &amp; Spinach Salad with Chickpeas 651 Fresh Watermelon 902 Kaiser Roll 446 Mott's Apple Juice</p>	<p><b>15</b></p> <p>294 Meatballs with Sauce OR 211 Sloppy Joe 624 Mediterranean Green Beans 694 Kiwi &amp; Strawberry Sidekick 670 Fresh Fruit 907 Hot Dog Bun OR 902 Kaiser Roll 992 Oatmeal Cookie</p>
<p><b>18</b></p> <p>269 Mini Corn Dog with Chicken Nuggets &amp; Potato Rounds OR 234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 636 Fiesta Corn 670 Fresh Fruit 447 Mott's Apple White Grape Juice 919 "Frozen" Cinnamon Grahams</p>	<p><b>19</b></p> <p>252 Cheeseburger Mac &amp; 908 Dinner Roll OR 409 Three Cheese Panini &amp; 133 Strawberry Banana Yogurt 611 Bagged Baby Carrots 631 Cherry Star Vegetable Juice 688 Applesauce 670 Fresh Fruit</p>	<p><b>20</b></p> <p>207 Rib-B-Que OR 485 Swiss Steak 624 Mediterranean Green Beans 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 696 Raisins 902 Kaiser Roll</p>	<p><b>21</b></p> <p>483 Chicken Nuggets 704 French Fries 611 Bagged Baby Carrots 670 Fresh Fruit 445 Mott's Fruit Punch Juice 932 Scooby Snacks</p>	<p><b>22</b></p> <p>263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Fresh Romaine Salad with Cherry Tomatoes 632 Wango Mango Vegetable Juice 446 Mott's Apple Juice 670 Fresh Fruit</p>
<p><b>25</b></p> <p>253 Hot Dog with French Fries &amp; 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 603 Maple Baked Beans 445 Mott's Fruit Punch Juice 670 Fresh Fruit 929 Keebler Elf Grahams</p>	<p><b>26</b></p> <p>273 Rotini Bake OR 402 Spaghetti with Meatballs &amp; 118 String Cheese 623 Broccoli 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll</p>	<p><b>27</b></p> <p>276 BBQ Chicken Fajita OR 204 Chicken Parmesan 524 Corn Cobbette 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup 902 Kaiser Roll</p>	<p><b>28</b></p> <p>242 Deli Wedge Sandwich OR 481 Hamburger &amp; 902 Kaiser Roll 611 Bagged Baby Carrots 708 Fresh Romaine &amp; Spinach Salad with Chickpeas 653 Fresh Mango 447 Mott's Apple White Grape Juice</p>	<p><b>29</b></p> <p>223 Veggie Pinwheel OR 219 Turkey Pepperoni Pinwheel 682 Marinara Sauce 631 Cherry Star Vegetable Juice 695 Strawberry Mango Sidekick 670 Fresh Fruit</p>