



# October 2017



## Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 234 Chicken Tenders with Potato Wedges OR 482 Grilled Chicken Fillet 902 Kaiser Roll 635 Calypso Crush Vegetable Juice 611 Bagged Baby Carrots 670 Fresh Fruit 688 Applesauce 932 Keebler Scooby Snacks</p> <p><b>9</b> 253 Hot Dog with French Fries &amp; 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 603 Maple Baked Beans 447 Mott's Apple White Grape Juice 670 Fresh Fruit 992 Oatmeal Cookie</p> <p><b>16</b> 480 Hamburger OR 481 Cheeseburger 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 688 Applesauce 902 Kaiser Roll</p> <p><b>23</b> 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>30</b> 269 Mini Corn Dog with Chicken Nuggets &amp; Potato Rounds OR 234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 670 Fresh Fruit 447 Mott's Apple White Grape Juice 919 "Frozen" Cinnamon Grahams</p>	<p><b>3</b> 480 Hamburger OR 481 Cheeseburger 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p> <p><b>10</b> 482 Grilled Chicken Fillet OR 217 Teriyaki Chicken with Rice 636 Fiesta Corn 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 670 Fresh Fruit 902 Kaiser Roll</p> <p><b>17</b> 292 Wheat Penne Pasta OR 271 Spaghetti with Meatballs 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll</p> <p><b>24</b> 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>31</b> 252 Cheeseburger Mac &amp; 908 Dinner Roll OR 272 Four Cheese Panini 611 Bagged Baby Carrots 688 Applesauce 670 Fresh Fruit</p>	<p><b>4</b> 273 Rotini Bake OR 271 Spaghetti with Meatballs 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll</p> <p><b>11</b> 289 Pancakes with Sausage OR 272 Four Cheese Panini 634 Hash Browns 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch</p> <p><b>18</b> 255 Cheese Stuffed Breadsticks 682 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 691 Orange Amazin' Raisins</p> <p><b>25</b> 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>1</b> 207 Rib-B-Que OR 485 Swiss Steak 624 Mediterranean Green Beans 670 Fresh Fruit 696 Raisins 902 Kaiser Roll</p>	<p><b>5</b> 263 5" Round Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit</p> <p><b>12</b> 485 Swiss Steak OR 286 Meatloaf with Gravy 610 Mashed Potatoes 611 Bagged Baby Carrots 541 Chocolate OR 540 Garlic Hummus 649 Red Seedless Grapes 446 Mott's Apple White Grape Juice 902 Kaiser Roll</p> <p><b>19</b> 205 Popcorn Chicken 704 French Fries 447 Mott's Apple White Grape Juice 670 Fresh Fruit 992 Oatmeal Cookie</p> <p><b>26</b> 289 Pancakes with Sausage OR 482 Grilled Chicken Fillet 634 Hash Browns 708 Romaine Salad with Chickpeas 648 Orange Wedges 902 Kaiser Roll 446 Mott's Apple Juice</p> <p><b>2</b> 263 5" Round Cheese Pizza OR 264 4x6 "Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 446 Mott's Apple Juice 670 Fresh Fruit</p>	<p><b>6</b> 205 Popcorn Chicken 704 French Fries 697 Sliced Apples 691 Orange Amazin' Raisins 904 Wheat Bread</p> <p><b>13</b> 218 Mozzarella Pinwheel OR 219 Turkey Pepperoni Pinwheel 708 Romaine Salad with Chickpeas 682 Marinara Sauce 670 Fresh Fruit 647 Dole Mandarin Oranges</p> <p><b>20</b> 227 BBQ Chicken &amp; Cheese Wrap OR 275 BBQ Chicken Fillet 706 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>27</b> 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>3</b> 483 Chicken Nuggets 704 French Fries 611 Bagged Baby Carrots 670 Fresh Fruit 445 Mott's Fruit Punch Juice 932 Scooby Snacks</p>

### 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**  
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**215-895-3470**

SchoolMealsNDS

NDSSchoolLunchProgram

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[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.