



# November 2017



## Middle School Lunch


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>6</b> 204 Chicken Parmesan &amp; 902 Kaiser Roll OR 224 Chicken Nuggets with Sweet Potatoes 631 Cherry Star Vegetable Juice 670 Fresh Fruit 688 Applesauce 992 Oatmeal Cookie</p> <p><b>13</b> 234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets &amp; Potato Rounds 632 Wango Mango Vegetable Juice 695 Strawberry Mango Sidekick 670 Fresh Fruit 990 Chocolate Chip Cookie</p> <p><b>20</b> 222 Sliced Turkey with Stuffing and Mashed Potatoes OR 487 Chicken with Penne Pasta in Cream Sauce 629 Corn &amp; Carrots 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 687 Rosati Apple Pie Water Ice 901 Honey Biscuits</p> <p><b>27</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 691 Orange Amazin' Raisins 929 Keebler Elf Grahams</p>	<p><b>7</b> 273 Rotini Bake OR 271 Spaghetti with Meatballs 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll OR 903 Maple Biscuits</p> <p><b>14</b> 480 Hamburger OR 286 Meatloaf with Gravy 610 Mashed Potatoes 631 Cherry Star Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p> <p><b>21</b> 263 5" Round Pizza 264 4x6" Cheese Pizza 631 Cherry Star Vegetable Juice 445 Mott's Fruit Punch Juice 689 Birthday Cake Applesauce</p> <p><b>28</b> 276 BBQ Chicken Fajita OR 213 Chicken Taco 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 696 Raisins 900 Panini Bread OR 902 Kaiser Roll</p>	<p><b>8</b> 253 Hot Dog with French Fries &amp; 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 603 Maple Baked Beans 670 Fresh Fruit 447 Mott's Apple White Grape Juice 932 Keebler Scooby Snacks</p> <p><b>15</b> 482 Grilled Chicken Fillet OR 485 Swiss Steak 634 Hash Browns 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 688 Applesauce 902 Kaiser Roll</p> <p><b>22</b> 292 Wheat Penne Pasta OR 271 Spaghetti with Meatballs 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll</p> <p><b>29</b> 488 Swedish Meatballs OR 211 Sloppy Joe 624 Mediterranean Green Beans 611 Bagged Baby Carrots 446 Mott's Apple Juice 670 Fresh Fruit 907 Hot Dog Bun OR 902 Kaiser Roll 990 Chocolate Chip Cookie</p>	<p><b>9</b> 480 Hamburger OR 489 Salisbury Patty 610 Mashed Potatoes 635 Calypso Crush Vegetable Juice 694 Kiwi Strawberry Sidekick 670 Fresh Fruit 902 Kaiser Roll</p> <p><b>16</b> 255 Cheese Stuffed Breadsticks OR 223 Veggie Pinwheel 682 Marinara Sauce 708 Romaine Salad with Chickpeas 445 Mott's Fruit Punch Juice 670 Fresh Fruit</p> <p><b>23</b>  <b>Thanksgiving</b></p> <p><b>30</b> 289 Pancakes with Sausage OR 272 Four Cheese Panini 635 Calypso Crush Vegetable Juice 634 Hash Browns 670 Fresh Fruit 688 Applesauce</p>	<p><b>10</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>17</b> 252 Cheeseburger Mac OR 217 Teriyaki Chicken with Rice 611 Bagged Baby Carrots 540 Garlic Hummus OR 541 Chocolate Hummus 670 Fresh Fruit 446 Mott's Apple Juice 908 Dinner Roll OR 902 Kaiser Roll</p> <p><b>24</b>  <b>Thanksgiving</b></p> <p><b>1</b> 218 Mozzarella Pinwheel OR 219 Pepperoni Pinwheel 708 Romaine Salad with Chickpeas 445 Mott's Fruit Punch Juice 670 Fresh Fruit 991 "Despicable Me" Graham Crackers</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**  
**222 N. 17th Street**  
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**215-895-3470**

 SchoolMealsNDS

 NDSchoolLunchProgram

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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.