



January 2018



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

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>8</p> <p>222 Sliced Turkey with Stuffing and Mashed Potatoes OR 487 Chicken with Penne Pasta in Cream Sauce 629 Corn & Carrots 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 695 Strawberry Mango Sidekick 901 Honey Biscuits</p>	<p>9</p> <p>263 5" Round Cheese Pizza 264 4x6" Cheese Pizza 631 Cherry Star Vegetable Juice 634 Hash Browns 445 Mott's Fruit Punch Juice 670 Fresh Fruit</p>	<p>10</p> <p>234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets & Potato Rounds 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 670 Fresh Fruit 609 Dole Mixed Fruit Cup 990 Chocolate Chip Cookie</p>	<p>11</p> <p>482 Grilled Chicken Fillet & 902 Kaiser Roll OR 251 Chicken Nuggets & 904 Wheat Bread 611 Bagged Baby Carrots 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 446 Mott's Apple Juice 929 Keebler Elf Grahams</p>	<p>12</p> <p>292 Wheat Penne Pasta OR 271 Spaghetti with Meatballs 623 Chopped Broccoli 687 Happy Birthday Rosati Water Ice 670 Fresh Fruit 908 Dinner Roll</p>
<p>15</p> <p style="text-align: center;">Martin Luther King Jr. Day</p>	<p>16</p> <p>289 Pancakes with Sausage OR 272 Four Cheese Panini 635 Calypso Crush Vegetable Juice 634 Hash Browns 670 Fresh Fruit 688 Applesauce</p>	<p>17</p> <p>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>18</p> <p>276 BBQ Chicken Fajita OR 213 Chicken Taco 636 Fiesta Corn 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 696 Raisins 900 Panini Bread OR 902 Kaiser Roll</p>	<p>19</p> <p>218 Mozzarella Pinwheel OR 219 Turkey Pepperoni Pinwheel 682 Marinara Sauce 708 Romaine Salad with Chickpeas 445 Mott's Fruit Punch Juice 670 Fresh Fruit 991 "Despicable Me" Graham Crackers</p>
<p>22</p> <p>273 Rotini Bake OR 292 Wheat Penne Pasta 623 Chopped Broccoli 684 Wild Watermelon Applesauce 670 Fresh Fruit 908 Dinner Roll OR 901 Honey Biscuits</p>	<p>23</p> <p>234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets & Potato Rounds 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 691 Orange Amazin' Raisins 670 Fresh Fruit 929 Keebler Elf Grahams</p>	<p>24</p> <p>480 Hamburger OR 481 Cheeseburger 704 French Fries 611 Bagged Baby Carrots 689 Birthday Cake Applesauce 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p>	<p>25</p> <p>263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 445 Mott's Fruit Punch Juice 990 Chocolate Chip Cookie</p>	<p>26</p> <p>211 Sloppy Joe OR 220 Taco Meat 635 Calypso Crush Vegetable Juice 647 Dole Mandarin Oranges 670 Fresh Fruit 902 Kaiser Roll OR 910 Ciabatta Bread</p>
<p>29</p> <p>203 Mac and Cheese & 908 Dinner Roll OR 272 Four Cheese Panini 623 Chopped Broccoli 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus OR 545 Cranberry Orange Hummus 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>30</p> <p>485 Swiss Steak & 902 Kaiser Roll OR 205 Popcorn Chicken 704 French Fries 632 Wango Mango Vegetable Juice 684 Wild Watermelon Applesauce 670 Fresh Fruit 991 "Despicable Me" Honey Grahams</p>	<p>31</p> <p>289 Pancakes with Sausage OR 482 Grilled Chicken Fillet & 902 Kaiser Roll 634 Hash Browns 631 Cherry Star Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup</p>	<p>1</p> <p>217 Teriyaki Chicken with Rice OR 262 Ranchero Beef Pizza 623 Sweet Maple Carrots 708 Romaine Salad with Chickpeas 446 Mott's Apple Juice 670 Fresh Fruit 929 Keebler Elf Grahams</p>	<p>2</p> <p>218 Mozzarella Pinwheel OR 219 Turkey Pepperoni Pinwheel 682 Marinara Sauce 635 Calypso Crush Vegetable Juice 640 Red Seedless Grapes 447 Mott's Apple White Grape Juice</p>