



# February 2018



## High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b> 289 Pancakes with Sausage OR 272 Four Cheese Panini 634 Hash Browns 635 Calypso Crush Vegetable Juice 684 Wild Watermelon Applesauce 670 Fresh Fruit</p>	<p><b>6</b> 253 Hot Dog with French Fries &amp; 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 611 Bagged Baby Carrots 670 Fresh Fruit 608 Dole Tropical Fruit Cup 991 "Despicable Me" Honey Grahams</p>	<p><b>7</b> 481 Hamburger OR 480 Cheeseburger 636 Fiesta Corn 603 Maple Baked Beans 446 Mott's Apple Juice 670 Fresh Fruit 902 Kaiser Roll</p>	<p><b>8</b> 262 Ranchero Beef Pizza &amp; 941 Tostitos Scoops OR <b>Walking Taco Day!</b> <b>225 Cheesy Taco Meat &amp; 944 Tostitos Top N' Go</b> 620 Salsa Cup 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit</p>	<p><b>9</b> 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice 990 Chocolate Chip Cookie</p>
<p><b>12</b> 271 Spaghetti with Meatballs OR 273 Rotini Bake 623 Chopped Broccoli 670 Fresh Fruit 446 Mott's Apple Juice 903 Maple Biscuits OR 901 Honey Biscuits</p>	<p><b>13</b> 234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets &amp; Potato Rounds 631 Cherry Star Vegetable Juice 628 Mixed Vegetables 670 Fresh Fruit 695 Strawberry &amp; Mango Sidekick 929 Keebler Elf Grahams</p>	<p><b>14</b> 218 Mozzarella Pinwheel OR 410 Toasted Cheese Sandwich &amp; 134 Cherry Vanilla Yogurt 622 Marinara Sauce 611 Bagged Baby Carrots 541 Chocolate Hummus OR 540 Garlic Hummus 685 Cherry Sweet Heart Water Ice 689 Orange Mango Applesauce 993 Heart Cookie</p>	<p><b>15</b> 233 Popcorn Chicken with Sweet &amp; Sour Broccoli OR 487 Chicken with Penne Pasta in Cream Sauce 704 French Fries 635 Calypso Crush Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 901 Honey Biscuits OR 908 Dinner Roll</p>	<p><b>16</b> 264 4x6" Cheese Pizza OR 263 5" Round Cheese Pizza 708 Romaine Salad with Spinach &amp; Chickpeas 608 Dole Tropical Fruit Cup 447 Mott's Apple White Grape Juice</p>
<p><b>19</b> 294 Meatballs with Sauce OR 488 Swedish Meatballs 636 Fiesta Corn 446 Mott's Apple Juice 670 Fresh Fruit 932 Keebler Scooby Snacks 907 Hot Dog Bun OR 910 Ciabatta Bread</p>	<p><b>20</b> 482 Grilled Chicken Fillet OR 217 Teriyaki Chicken with Rice 635 Calypso Crush Vegetable Juice 624 Garlic Butter Green Beans 670 Fresh Fruit 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p>	<p><b>21</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 695 Strawberry Mango Sidekick 990 Chocolate Chip Cookie</p>	<p><b>22</b> 265 Chicken Ranch Flatbread Pizza OR 205 Popcorn Chicken &amp; 992 Oatmeal Cookie 634 Hash Browns 631 Cherry Star Vegetable Juice 670 Fresh Fruit 696 Raisins</p>	<p><b>23</b> 208 Fish Fillet OR 203 Mac &amp; Cheese 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit 611 Bagged Baby Carrots 902 Kaiser Roll OR 903 Maple Biscuit</p>
<p><b>26</b> 234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog with Chicken Nuggets &amp; Potato Rounds 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus OR 545 Cranberry Orange Hummus 631 Cherry Star Vegetable Juice 694 Kiwi &amp; Strawberry Sidekick 670 Fresh Fruit 904 Wheat Bread</p>	<p><b>27</b> 273 Rotini Bake OR 292 Wheat Penne Pasta 623 Chopped Broccoli 446 Mott's Apple Juice 670 Fresh Fruit 901 Honey Biscuits OR 908 Dinner Roll</p>	<p><b>28</b> 204 Chicken Parmesan &amp; 902 Kaiser Roll OR 264 4x6" Cheese Pizza 634 Hash Browns 632 Wango Mango Vegetable Juice 697 Bagged Apple Slices 691 Orange Amazin' Raisins</p>	<p><b>1</b> 483 Chicken Nuggets OR 485 Swiss Steak &amp; 902 Kaiser Roll 708 Romaine Salad with Spinach &amp; Chickpeas 628 Mixed Vegetables 670 Fresh Fruit 689 Orange Mango Applesauce 932 Keebler Scooby Snacks</p>	<p><b>2</b> 272 Four Cheese Panini OR 223 Veggie Pinwheel 622 Marinara Sauce 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 929 Keebler Elf Grahams</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.

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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.