



January 2019



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.

V = Vegetarian

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
7 253 Hot Dog with French Fries OR 294 Meatballs with Sauce 631 Cherry Star Vegetable Juice 689 Orange Mango Applesauce 670 Fresh Fruit 907 Hot Dog Bun 990 Chocolate Chip Cookie	8 277 Arroz Con Pollo OR 274 Curly Cheesy Lasagna 623 Broccoli 695 Strawberry-Mango Sidekick 670 Fresh Fruit 908 Dinner Roll OR 903 Maple Biscuit	9 480 Cheeseburger OR 481 Hamburger 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 902 Kaiser Roll	10 272 Four Cheese Panini V OR 262 Ranchero Beef Pizza 706 Romaine Salad with Cherry Tomatoes 634 Hash Brown 445 Mott's Fruit Punch Juice 670 Fresh Fruit	11 482 Grilled Chicken Filet OR 485 Swiss Steak 624 Garlic Green Beans 611 Bagged Baby Carrots 541 Chocolate Hummus OR 546 Cheesy Pizza Hummus 446 Mott's Apple Juice 670 Fresh Fruit 902 Kaiser Roll
14 255 Cheese Stuffed Breadsticks V 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 932 Cinnamon Scooby Snacks	15 278 Chicken Jambalaya & 929 Cinnamon Elf Grahams OR 204 Chicken Parmesan & 902 Kaiser Roll OR 910 Ciabatta Bread 623 Broccoli 632 Wango Mango Vegetable Juice 695 Strawberry-Mango Sidekick 670 Fresh Fruit	16 252 Cheeseburger Macaroni OR 217 Teriyaki Chicken with Brown Rice 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 908 Dinner Roll OR 901 Honey Biscuit	17 215 Beef & Cheese Taco OR 218 Mozzarella Pinwheel V 639 Corn 611 Bagged Baby Carrots 540 Garlic Hummus OR 545 Cranberry Orange Hummus 446 Mott's Apple Juice 670 Fresh Fruit	18 483 Chicken Nuggets OR 205 Popcorn Chicken OR 232 Crispy Chicken Drumstick & 908 Dinner Roll 704 French Fries 632 Wango Mango Vegetable Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit 990 Chocolate Chip Cookie
21 Martin Luther King Jr. Day	22 482 Grilled Chicken Filet & 902 Kaiser Roll OR 217 Teriyaki Chicken with Brown Rice & 908 Dinner Roll OR 901 Honey Biscuit 603 Maple Baked Beans 611 Bagged Baby Carrots OR 625 Sweet Maple Carrots 445 Mott's Fruit Punch Juice 670 Fresh Fruit	23 489 Salisbury Steak with Gravy OR 286 Meatloaf with Gravy OR 488 Swedish Meatballs 639 Corn 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 904 Wheat Bread (2 slices)	24 263 5" Round Cheese Pizza V OR 264 4 x 6" Cheese Pizza V 706 Romaine Salad with Cherry Tomatoes 632 Wango Mango Vegetable Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit	25 253 Hot Dog with French Fries OR 294 Meatballs with Tomato Sauce 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice 907 Hot Dog Bun 992 Oatmeal Cookie
28 225 Cheesy Taco Meat & 944 Tostitos Top N' Go 215 Beef & Cheese Taco OR 265 Chicken Ranch Flatbread 620 Salsa 941 Tostitos Scoops 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 670 Fresh Fruit	29 205 Popcorn Chicken OR 232 Crispy Chicken Drumstick & 908 Dinner Roll 704 French Fries 611 Bagged Baby Carrots 446 Mott's Apple Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks	30 204 Chicken Parmesan & 902 Kaiser Roll OR 224 Chicken Nuggets with Sweet Potatoes & 908 Dinner Roll 624 Garlic Green Beans 635 Calypso Crush Vegetable Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit	31 272 Four Cheese Panini V OR 223 Veggie Pinwheel V OR 248 Breaded Chicken, Turkey Pepperoni & Mozzarella on a Bun 708 Romaine Salad with Spinach & Chickpeas 632 Wango Mango Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks	1 480 Cheeseburger OR 481 Hamburger 639 Corn 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 695 Strawberry-Mango Sidekick 670 Fresh Fruit 902 Kaiser Roll