



# February 2019



## High School Lunch

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <p><b>4</b><br/>269 Mini Corndogs &amp; Chicken Nuggets with Potato Rounds <b>OR</b><br/>234 Chicken Tenders with Potato Wedges<br/>603 Maple Baked Beans<br/>635 Calypso Crush Vegetable Juice<br/>670 Fresh Fruit<br/>445 Mott's Fruit Punch Juice<br/>929 Cinnamon Elf Grahams</p> <p><b>11</b><br/>278 Chicken Jambalaya <b>OR</b><br/>233 Popcorn Chicken with Sweet &amp; Sour Broccoli<br/>639 Corn<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>445 Mott's Fruit Punch Juice<br/>904 Wheat Bread (2 Slices)</p> <p><b>18</b><br/>253 Hot Dog with French Fries <b>OR</b><br/>294 Meatballs with Tomato Sauce<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>684 Mixed Berry Applesauce<br/>990 Chocolate Chip Cookie<br/>907 Hot Dog Bun</p> <p><b>25</b><br/>255 Cheese Stuffed Breadsticks<br/>622 Marinara Sauce<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>608 Dole Tropical Fruit Cup<br/>932 Cinnamon Scooby Snacks</p> | <p><b>5</b><br/>273 Rotini Bake <b>OR</b><br/>292 Penne Pasta with Meat Sauce<br/>623 Broccoli<br/>670 Fresh Fruit<br/>447 Mott's Apple White Grape Juice<br/>908 Dinner Roll <b>OR</b><br/>901 Honey Biscuit</p> <p><b>12</b><br/>483 Chicken Nuggets <b>OR</b><br/>481 Hamburger &amp; 902 Kaiser Roll<br/>603 Maple Baked Beans<br/>632 Wango Mango Vegetable Juice<br/>670 Fresh Fruit<br/>608 Dole Tropical Fruit Cup</p> <p><b>19</b><br/>277 Arroz Con Pollo <b>OR</b><br/>274 Curly Cheesy Lasagna<br/>623 Broccoli<br/>670 Fresh Fruit<br/>695 Strawberry-Mango Sidekick<br/>908 Dinner Roll <b>OR</b><br/>903 Maple Biscuit</p> <p><b>26</b><br/>278 Chicken Jambalaya &amp; 929 Cinnamon Elf Grahams <b>OR</b><br/>204 Chicken Parmesan &amp; 902 Kaiser Roll <b>OR</b><br/>910 Ciabatta Bread<br/>623 Broccoli<br/>632 Wango Mango Vegetable Juice<br/>670 Fresh Fruit<br/>695 Strawberry-Mango Sidekick</p> | <p><b>6</b><br/>255 Cheese Stuffed Breadsticks<br/>622 Marinara Sauce<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>608 Dole Tropical Fruit Cup</p> <p><b>13</b><br/>263 5" Round Cheese Pizza <b>OR</b><br/>264 4" x 6" Cheese Pizza<br/>634 Hash Brown<br/>611 Bagged Baby Carrots<br/>684 Mixed Berry Applesauce<br/>696 Raisins<br/>993 Holiday Cookie</p> <p><b>20</b><br/>480 Cheeseburger <b>OR</b><br/>481 Hamburger<br/>603 Maple Baked Beans<br/>632 Wango Mango Vegetable Juice<br/>670 Fresh Fruit<br/>608 Dole Tropical Fruit Cup<br/>902 Kaiser Roll</p> <p><b>27</b><br/>252 Cheeseburger Macaroni <b>OR</b><br/>217 Terriyaki Chicken with Brown Rice<br/>603 Maple Baked Beans<br/>635 Calypso Crush Vegetable Juice<br/>670 Fresh Fruit<br/>445 Mott's Fruit Punch Juice<br/>908 Dinner Roll <b>OR</b><br/>901 Honey Biscuit</p> | <p><b>7</b><br/>485 Swiss Steak <b>OR</b><br/>482 Grilled Chicken Filet<br/>623 Broccoli<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>446 Mott's Apple Juice<br/>902 Kaiser Roll</p> <p><b>14</b><br/>215 Beef &amp; Cheese Taco <b>OR</b><br/>252 Cheeseburger Macaroni<br/>706 Romaine Salad with Cherry Tomatoes<br/>635 Calypso Crush Vegetable Juice<br/>647 Dole Mandarin Orange Cup<br/>686 "Sweet Heart" Water Ice<br/>990 Chocolate Chip Cookie</p> <p><b>21</b><br/>482 Grilled Chicken Filet <b>OR</b><br/>485 Swiss Steak<br/>611 Bagged Baby Carrots<br/>541 Chocolate Hummus <b>OR</b><br/>546 Cheesy Pizza Hummus<br/>624 Garlic Green Beans<br/>670 Fresh Fruit<br/>446 Mott's Apple Juice<br/>902 Kaiser Roll</p> <p><b>28</b><br/>215 Beef &amp; Cheese Taco <b>OR</b><br/>218 Mozzarella Pinwheel<br/>639 Corn<br/>611 Bagged Baby Carrots<br/>540 Garlic Hummus <b>OR</b><br/>545 Cranberry Orange Hummus<br/>670 Fresh Fruit<br/>446 Mott's Apple Juice</p> | <p><b>8</b><br/>219 Turkey Pepperoni Pinwheel <b>OR</b><br/>226 Philly Cheesesteak Pinwheel<br/>704 French Fries<br/>545 Cranberry Orange Hummus<br/>670 Fresh Fruit<br/>684 Mixed Berry Applesauce<br/>941 Tostitos Scoops</p> <p><b>15</b><br/>273 Rotini Bake <b>OR</b><br/>274 Curly Cheesy Lasagna<br/>623 Broccoli<br/>658 Dried Fruit Blend<br/>447 Mott's Apple White Grape Juice<br/>901 Honey Biscuit <b>OR</b><br/>903 Maple Biscuit</p> <p><b>22</b><br/>272 Four Cheese Panini <b>OR</b><br/>262 Ranchero Beef Pizza<br/>706 Romaine Salad with Cherry Tomatoes<br/>634 Hash Brown<br/>670 Fresh Fruit<br/>445 Mott's Fruit Punch Juice</p> <p><b>1</b><br/>483 Chicken Nuggets <b>OR</b><br/>205 Popcorn Chicken <b>OR</b><br/>232 Crispy Chicken Drumstick &amp; 908 Dinner Roll<br/>704 French Fries<br/>632 Wango Mango Vegetable Juice<br/>670 Fresh Fruit<br/>447 Mott's Apple White Grape Juice<br/>990 Chocolate Chip Cookie</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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SchoolMealsNDS

NDSSchoolLunchProgram

SchoolMealsNDS

[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.