



February 2019



Middle School Lunch

Monday

4

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds OR
 234 Chicken Tenders with Potato Wedges
 603 Maple Baked Beans
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice
 929 Cinnamon Elf Grahams

11

278 Chicken Jambalaya OR
 233 Popcorn Chicken with Sweet & Sour Broccoli
 639 Corn
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice
 904 Wheat Bread (2 Slices)

18

253 Hot Dog with French Fries OR
 294 Meatballs with Tomato Sauce
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 684 Mixed Berry Applesauce
 907 Hot Dog Bun
 990 Chocolate Chip Cookie

25

255 Cheese Stuffed Breadsticks
 622 Marinara Sauce
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 608 Dole Tropical Fruit Cup
 932 Cinnamon Scooby Snacks

Tuesday

5

273 Rotini Bake OR
 292 Penne Pasta with Meat Sauce
 670 Fresh Fruit
 447 Mott's Apple White Grape Juice
 908 Dinner Roll OR
 901 Honey Biscuit

12

483 Chicken Nuggets OR
 481 Hamburger & 902 Kaiser Roll
 603 Maple Baked Beans
 632 Wango Mango Vegetable Juice
 670 Fresh Fruit
 608 Dole Tropical Fruit Cup

19

277 Arroz Con Pollo OR
 274 Curly Cheesy Lasagna
 623 Broccoli
 670 Fresh Fruit
 908 Dinner Roll OR
 903 Maple Biscuit

26

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
 670 Fresh Fruit
 695 Strawberry-Mango Sidekick

Wednesday

6

255 Cheese Stuffed Breadsticks
 622 Marinara Sauce
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 608 Dole Tropical Fruit Cup

13

263 5" Round Cheese Pizza OR
 264 4" x 6" Cheese Pizza
 634 Hash Brown
 611 Bagged Baby Carrots
 696 Raisins
 684 Mixed Berry Applesauce
 993 Holiday Cookie

20

480 Cheeseburger OR
 481 Hamburger
 603 Maple Baked Beans
 632 Wango Mango Vegetable Juice
 670 Fresh Fruit
 608 Dole Tropical Fruit Cup
 902 Kaiser Roll

27

252 Cheeseburger Macaroni OR
 217 Terriyaki Chicken with Brown Rice
 603 Maple Baked Beans
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice
 908 Dinner Roll OR
 901 Honey Biscuit

Thursday

7

485 Swiss Steak OR
 482 Grilled Chicken Filet
 623 Broccoli
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 446 Mott's Apple Juice
 902 Kaiser Roll

14

215 Beef & Cheese Taco OR
 252 Cheeseburger Macaroni
 706 Romaine Salad with Cherry Tomatoes
 635 Calypso Crush Vegetable Juice
 647 Dole Mandarin Orange Cup
 686 "Swee' Heart" Water Ice
 990 Chocolate Chip Cookie

21

482 Grilled Chicken Filet OR
 485 Swiss Steak
 624 Garlic Green Beans
 611 Bagged Baby Carrots
 541 Chocolate Hummus OR
 546 Cheesy Pizza Hummus
 670 Fresh Fruit
 446 Mott's Apple Juice
 902 Kaiser Roll

28

215 Beef & Cheese Taco OR
 218 Mozzarella Pinwheel
 639 Corn
 611 Bagged Baby Carrots
 540 Garlic Hummus OR
 545 Cranberry Orange Hummus
 670 Fresh Fruit
 446 Mott's Apple Juice

Friday

8

219 Turkey Pepperoni Pinwheel OR
 226 Philly Cheesesteak Pinwheel
 704 French Fries
 670 Fresh Fruit
 684 Mixed Berry Applesauce
 941 Tostitos Scoops
 545 Cranberry Orange Hummus

15

273 Rotini Bake OR
 274 Curly Cheesy Lasagna
 447 Mott's Apple White Grape Juice
 658 Dried Fruit Blend
 901 Honey Biscuit OR
 903 Maple Biscuit

22

272 Four Cheese Panini OR
 262 Ranchero Beef Pizza
 706 Romaine Salad with Cherry Tomatoes
 634 Hash Brown
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice

1

483 Chicken Nuggets OR
 205 Popcorn Chicken OR
 232 Crispy Chicken Drumstick & 908 Dinner Roll
 704 French Fries
 632 Wango Mango Vegetable Juice
 670 Fresh Fruit
 447 Mott's Apple White Grape Juice
 990 Chocolate Chip Cookie

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

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.