



March 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.

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

4
253 Hot Dog with French Fries
OR
294 Meatballs with Tomato Sauce

631 Cherry Star Vegetable Juice
684 Mixed Berry Applesauce
670 Fresh Fruit
907 Hot Dog Bun
992 Oatmeal Cookie

11
233 Popcorn Chicken with Sweet & Sour Broccoli
OR
278 Chicken Jambalaya

603 Maple Baked Beans
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
608 Dole Tropical Fruit Cup
932 Cinnamon Scooby Snacks

18
234 Chicken Tenders with Potato Wedges
OR
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds

603 Maple Baked Beans
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
684 Mixed Berry Applesauce
992 Oatmeal Cookie

25
253 Hot Dog with French Fries
603 Maple Baked Beans
670 Fresh Fruit
445 Mott's Fruit Punch Juice
907 Hot Dog Bun
990 Chocolate Chip Cookie

Tuesday

5
481 Hamburger
OR
480 Cheeseburger

603 Maple Baked Beans
632 Wango Mango Vegetable Juice
446 Mott's Apple Juice
670 Fresh Fruit
902 Kaiser Roll

12
294 Meatballs with Tomato Sauce & 907 Hot Dog Bun
OR
211 Sloppy Joe & 902 Kaiser Roll

630 Dragon Punch Vegetable Juice
670 Fresh Fruit
447 Mott's Apple White Grape Juice
990 Chocolate Chip Cookie

19
273 Rotini Bake
OR
292 Penne Pasta with Meat Sauce

623 Broccoli
445 Mott's Fruit Punch Juice
609 Dole Mixed Fruit Cup
903 Maple Biscuit OR
908 Dinner Roll

26
204 Chicken Parmesan & 902 Kaiser Roll
OR
233 Popcorn Chicken with Sweet & Sour Broccoli & 904 Wheat Bread (2 Slices)

624 Garlic Green Beans
611 Bagged Baby Carrots
446 Mott's Apple Juice
670 Fresh Fruit

Wednesday

6
264 4" x 6" Cheese Pizza
OR
263 5" Round Cheese Pizza

634 Hash Brown
630 Dragon Punch Vegetable Juice
695 Strawberry-Mango Sidekick
670 Fresh Fruit

Ash Wednesday

13
289 Pancakes with Sausage
OR
482 Grilled Chicken Filet & 902 Kaiser Roll

634 Hash Brown
631 Cherry Star Vegetable Juice
697 Bagged Sliced Apples
609 Dole Mixed Fruit Cup

20
226 Philly Cheesesteak Pinwheel
OR
483 Chicken Nuggets

634 Hash Brown
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
446 Mott's Apple Juice
929 Cinnamon Elf Grahams

27
215 Beef & Cheese Taco
OR
482 Grilled Chicken Filet & 902 Kaiser Roll

639 Corn
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
608 Dole Tropical Fruit Cup

Thursday

7
275 BBQ Chicken Filet
OR
485 Swiss Steak

610 Mashed Potatoes
611 Bagged Baby Carrots
541 Chocolate Hummus OR
546 Cheesy Pizza Hummus
608 Dole Tropical Fruit Cup
670 Fresh Fruit
902 Kaiser Roll

14
205 Popcorn Chicken
706 Romaine Salad with Cherry Tomatoes
541 Chocolate Hummus
670 Fresh Fruit
445 Mott's Fruit Punch Juice
929 Cinnamon Elf Grahams

Staff Appreciation Day

21
217 Teriyaki Chicken with Brown Rice
OR
252 Cheeseburger Macaroni

708 Romaine Salad with Spinach & Chickpeas
611 Bagged Baby Carrots
447 Mott's Apple White Grape Juice
670 Fresh Fruit
908 Dinner Roll

28
263 5" Round Cheese Pizza
OR
264 4" x 6" Cheese Pizza

706 Romaine Salad with Cherry Tomatoes
541 Chocolate Hummus
670 Fresh Fruit
445 Mott's Fruit Punch Juice
929 Cinnamon Elf Grahams

Friday

8
272 Four Cheese Panini
OR
203 Macaroni & Cheese

706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
447 Mott's Apple White Grape Juice
620 Salsa
941 Tostitos Scoops

15
263 5" Round Cheese Pizza
OR
264 4" x 6" Cheese Pizza

611 Bagged Baby Carrots
634 Hash Brown
670 Fresh Fruit
446 Mott's Apple Juice

22
255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit
608 Dole Tropical Fruit Cup
932 Cinnamon Scooby Snacks

29
223 Veggie Pinwheel
OR
208 Fish Filet & 902 Kaiser Roll

634 Hash Brown
631 Cherry Star Vegetable Juice
670 Fresh Fruit
684 Mixed Berry Applesauce