



March 2019



Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>253 Hot Dog with French Fries OR</p> <p>294 Meatballs with Tomato Sauce 631 Cherry Star Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 907 Hot Dog Bun 992 Oatmeal Cookie</p> <p>11</p> <p>233 Popcorn Chicken with Sweet & Sour Broccoli OR</p> <p>278 Chicken Jambalaya 603 Maple Baked Beans 670 Fresh Fruit 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p> <p>18</p> <p>234 Chicken Tenders with Potato Wedges OR</p> <p>269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 603 Maple Baked Beans 670 Fresh Fruit 684 Mixed Berry Applesauce 992 Oatmeal Cookie</p> <p>25</p> <p>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</p>	<p>5</p> <p>481 Hamburger OR</p> <p>480 Cheeseburger 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 446 Mott's Apple Juice 670 Fresh Fruit 902 Kaiser Roll</p> <p>12</p> <p>294 Meatballs with Tomato Sauce & 907 Hot Dog Bun OR</p> <p>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</p> <p>19</p> <p>273 Rotini Bake OR</p> <p>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</p> <p>26</p> <p>204 Chicken Parmesan & 902 Kaiser Roll OR</p> <p>233 Popcorn Chicken with Sweet & Sour Broccoli & 904 Wheat Bread (2 Slices) 624 Garlic Green Beans 446 Mott's Apple Juice 670 Fresh Fruit</p>	<p>6</p> <p>264 4" x 6" Cheese Pizza OR</p> <p>263 5" Round Cheese Pizza 634 Hash Brown 695 Strawberry-Mango Sidekick 670 Fresh Fruit</p> <p style="text-align: center;">Ash Wednesday</p> <p>13</p> <p>289 Pancakes with Sausage OR</p> <p>482 Grilled Chicken Filet & 902 Kaiser Roll 634 Hash Brown 631 Cherry Star Vegetable Juice 697 Bagged Sliced Apples 609 Dole Mixed Fruit Cup</p> <p>20</p> <p>226 Philly Cheesesteak Pinwheel OR</p> <p>483 Chicken Nuggets 634 Hash Brown 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice 929 Cinnamon Elf Grahams</p> <p>27</p> <p>215 Beef & Cheese Taco OR</p> <p>482 Grilled Chicken Filet & 902 Kaiser Roll 639 Corn 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup</p>	<p>7</p> <p>275 BBQ Chicken Filet OR</p> <p>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</p> <p>14</p> <p>205 Popcorn Chicken 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 445 Mott's Fruit Punch Juice 929 Cinnamon Elf Grahams</p> <p style="text-align: center;">Staff Appreciation Day</p> <p>21</p> <p>217 Teriyaki Chicken with Brown Rice OR</p> <p>252 Cheeseburger Macaroni 708 Romaine Salad with Spinach & Chickpeas 447 Mott's Apple White Grape Juice 670 Fresh Fruit 908 Dinner Roll</p> <p>28</p> <p>263 5" Round Cheese Pizza OR</p> <p>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</p>	<p>8</p> <p>272 Four Cheese Panini OR</p> <p>203 Macaroni & Cheese 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 447 Mott's Apple White Grape Juice 620 Salsa 941 Tostitos Scoops</p> <p>15</p> <p>263 5" Round Cheese Pizza OR</p> <p>264 4" x 6" Cheese Pizza 634 Hash Brown 670 Fresh Fruit 446 Mott's Apple Juice</p> <p>22</p> <p>255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p> <p>30</p> <p>223 Veggie Pinwheel OR</p> <p>208 Fish Filet & 902 Kaiser Roll 634 Hash Brown 631 Cherry Star Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce</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

NDSchoolLunchProgram

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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.