June 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	Tuesday	Wednesday	Thursday	Friday
3 253 Hot Dogs with French Fries OR 294 Meatballs with Tomato Sauce 630 Dragon Punch Vegetable Juice 446 Mott's Apple Juice 684 Mixed Berry Applesauce 907 Hot Dog Bun 990 Chocolate Chip Cookie	**4** 480 Cheeseburger OR 481 Hamburger 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 445 Mott's Fruit Punch Juice 914 Hamburger Bun 932 Cinnamon Scooby Snacks	**5** 205 Popcorn Chicken 704 French Fries 611 Bagged Baby Carrots 695 Strawberry-Mango Sidekick 670 Fresh Fruit 908 Dinner Roll 929 Cinnamon Elf Grahams	**6** 263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 609 Dole Mixed Fruit Cup 992 Oatmeal Cookie	**7** 215 Beef & Cheese Taco OR 210 Crispy Chicken Fillet & 914 Hamburger Bun 639 Corn 632 Wango Mango Vegetable Juice 688 Applesauce 670 Fresh Fruit 941 Tostitos Scoops
10 234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog & Chicken Nuggets with Potato Rounds 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 445 Mott's Fruit Punch Juice 699 Strawberry Cup 929 Cinnamon Elf Grahams	**11** 289 Pancakes with Sausage OR 483 Chicken Nuggets 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 697 Bagged Apple Slices 932 Cinnamon Scooby Snacks	**12** 255 Cheese Stuffed Breadsticks 622 Marinara 632 Wango Mango Vegetable Juice 694 Kiwi-Strawberry Sidekick 670 Fresh Fruit 990 Chocolate Chip Cookie	**13** 273 Rotini Bake OR 271 Spaghetti with Meatballs 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 688 Applesauce 903 Maple Biscuit 908 Dinner Roll	**14** 239 Turkey Bologna Sandwich 708 Romaine Salad with Spinach & Chickpeas 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 647 Dole Mandarin Orange Cup 992 Oatmeal Cookie
17 275 BBQ Chicken Fillet OR 485 Swiss Steak 610 Mashed Potatoes 632 Wango Mango Vegetable Juice 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice 914 Hamburger Bun 990 Chocolate Chip Cookie	**18** 226 Philly Cheesesteak Pinwheel 603 Maple Baked Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice 929 Cinnamon Elf Grahams	**19** 483 Chicken Nuggets 634 Hash Browns 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 932 Cinnamon Scooby Snacks	**20** 217 Terriyaki Glazed Chicken with Brown Rice OR 252 Cheeseburger Macaroni 708 Romaine Salad with Spinach & Chickpeas 611 Bagged Baby Carrots 670 Fresh Fruit 447 Mott's Apple White Grape Juice 908 Dinner Roll	**21** 213 Chicken Taco OR 276 BBQ Chicken Fajita 944 Tostitos Top N' Go 620 Salsa 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 992 Oatmeal Cookie
24 204 Chicken Parmesan & 902 Kaiser Roll OR 233 Popcorn Chicken with Sweet & Sour Broccoli & 904 Wheat Bread (2 Slices) 624 Garlic Green Beans 632 Wango Mango Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice	**25** 253 Hot Dog with French Fries 611 Bagged Baby Carrots 670 Fresh Fruit 445 Mott's Fruit Punch Juice 907 Hot Dog Bun 990 Chocolate Chip Cookie	**26** 215 Beef & Cheese Taco OR 482 Grilled Chicken Fillet 902 Kaiser Roll 639 Whole Kernel Corn 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup	**27** 263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 541 Chocolate Hummus 670 Fresh Fruit 445 Mott's Fruit Punch Juice 929 Cinnamon Elf Grahams	**28** 483 Chicken Nuggets OR 219 Turkey Pepperoni Pinwheel 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 670 Fresh Fruit 647 Dole Mandarin Orange Cup 992 Oatmeal Cookie