



# June 2019



## Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> 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</p> <p><b>10</b> 234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dog &amp; Chicken Nuggets with Potato Rounds 603 Maple Baked Beans 445 Mott's Fruit Punch Juice 699 Strawberry Cup 929 Cinnamon Elf Grahams</p> <p><b>17</b> 239 Turkey Bologna Sandwich 703 Wango Mango Vegetable Juice 670 Fresh Fruit 936 Vanilla Bear Grahams</p> <p><b>24</b> 242 Deli Wedge Sandwich 752 Fruit Punch Juice 611 Bagged Baby Carrots 550 White Bean Hummus</p>	<p><b>4</b> 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</p> <p><b>11</b> 289 Pancakes with Sausage OR 483 Chicken Nuggets 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 697 Bagged Apple Slices</p> <p><b>18</b> 205 Popcorn Chicken 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 928 Goldfish Pretzels</p> <p><b>25</b> 248 Breaded Chicken Turkey Pepperoni &amp; Mozzarella on a Bun 601 Asiago Potato Salad 630 Dragon Punch Vegetable Juice 699 Strawberry Cup</p>	<p><b>5</b> 205 Popcorn Chicken 704 French Fries 695 Strawberry-Mango Sidekick 670 Fresh Fruit 908 Dinner Roll 929 Cinnamon Elf Grahams</p> <p><b>12</b> 255 Cheese Stuffed Breadsticks 622 Marinara 632 Wango Mango Vegetable Juice 694 Kiwi-Strawberry Sidekick 670 Fresh Fruit 990 Chocolate Chip Cookie</p> <p><b>19</b> 250 Torpedo Sandwich 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice 697 Bagged Sliced Apples</p> <p><b>26</b> 205 Popcorn Chicken 703 Wango Mango Vegetable Juice 640 Red Seedless Grapes 929 Cinnamon Elf Grahams</p>	<p><b>6</b> 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</p> <p><b>13</b> 273 Rotini Bake OR 271 Spaghetti with Meatballs 609 Dole Mixed Fruit Cup 688 Applesauce 903 Maple Biscuit 908 Dinner Roll</p> <p><b>20</b> 247 Italian Combo Sandwich 706 Romaine Salad with Cherry Tomatoes 750 Apple Juice</p> <p><b>27</b> 239 Turkey Bologna Sandwich 659 Watermelon Craisins 708 Romaine Salad with Spinach &amp; Chickpeas</p>	<p><b>7</b> 215 Beef &amp; Cheese Taco OR 210 Crispy Chicken Fillet &amp; 914 Hamburger Bun 639 Corn 632 Wango Mango Vegetable Juice 670 Fresh Fruit 688 Applesauce 941 Tostitos Scoops</p> <p><b>14</b> 239 Turkey Bologna Sandwich 708 Romaine Salad with Spinach &amp; Chickpeas 670 Fresh Fruit 647 Dole Mandarin Orange Cup 992 Oatmeal Cookie</p> <p><b>21</b> 272 Four Cheese Panini 635 Calypso Crush Vegetable Juice 541 Chocolate Hummus 697 Bagged Sliced Apples 932 Cinnamon Scooby Snacks</p> <p><b>28</b> 410 Toasted Cheese on Wheat Bread 631 Cherry Star Vegetable Juice 620 Salsa 670 Fresh Fruit 941 Tostitos Scoops</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

NDSchoolLunchProgram

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[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.