



May 2019



High School Lunch

Monday Tuesday Wednesday Thursday Friday

29

253 Hot Dog with French Fries
OR
294 Meatballs with Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit
684 Mixed Berry Applesauce
907 Hot Dog Bun
929 Cinnamon Elf Grahams

6

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

13

273 Rotini Bake
OR
271 Spaghetti with Meatballs
623 Broccoli
609 Dole Mixed Fruit Cup
445 Mott's Fruit Punch
908 Dinner Roll OR
903 Maple Biscuits

20

204 Chicken Parmesan & 902 Kaiser Roll
OR
233 Popcorn Chicken with Sweet & Sour Broccoli & 904 Wheat Bread (2 Slices)
624 Garlic Green Beans
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

27

Memorial Day

30

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

7

233 Popcorn Chicken with Sweet & Sour Broccoli
603 Maple Baked Beans
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
608 Dole Tropical Fruit Cup
932 Cinnamon Scooby Snacks

14

226 Philly Cheesesteak Pinwheel
OR
483 Chicken Nuggets
634 Hash Browns
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
446 Mott's Apple Juice
929 Cinnamon Elf Grahams

21

253 Hot Dog with French Fries
611 Bagged Baby Carrots
670 Fresh Fruit
445 Mott's Fruit Punch Juice
990 Chocolate Chip Cookie
907 Hot Dog Bun

28

226 Philly Cheesesteak Pinwheel
OR
218 Mozzarella Pinwheel
704 French Fries
635 Calypso Crush Vegetable Juice
445 Fruit Punch Juice
684 Mixed Berry Applesauce
990 Chocolate Chip Cookie

1

275 BBQ Chicken Fillet
OR
485 Swiss Steak
611 Bagged Baby Carrots
610 Mashed Potatoes
541 Chocolate Hummus OR
546 Cheesy Pizza Hummus
670 Fresh Fruit
608 Dole Tropical Fruit Cup
902 Kaiser Roll

8

289 Pancakes with Sausage
OR
482 Grilled Chicken Fillet & 902 Kaiser Roll
634 Hash Browns
631 Cherry Star Vegetable Juice
697 Bagged Sliced Apples
609 Dole Mixed Fruit Cup

15

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

22

215 Beef & Cheese Taco
OR
482 Grilled Chicken Fillet & 902 Kaiser Roll
639 Corn
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
608 Dole Tropical Fruit Cup

29

269 Mini Corn Dog with Chicken Nuggets & Potato Wedges
OR
234 Chicken Tenders with Potato Wedges
603 Maple Baked Beans
631 Cherry Star Vegetable Juice
447 Mott's Apple White Grape Juice
670 Fresh Fruit
929 Cinnamon Elf Grahams

2

264 4x6" Cheese Pizza
OR
263 5" Round Cheese Pizza
634 Hash Browns
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
695 Strawberry-Mango Sidekick

9

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

16

217 Teriyaki 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

23

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

30

273 Rotini Bake
OR
292 Penne Pasta with Meat Sauce
623 Broccoli
670 Fresh Fruit
609 Dole Mixed Fruit Cup
908 Dinner Rolls OR
901 Honey Biscuit

3

272 Four Cheese Panini
OR
203 Macaroni & Cheese
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
447 Mott's Apple White Grape Juice
941 Tostitos Scoops
620 Salsa

10

263 5" Round Cheese Pizza
OR
264 4x6" Cheese Pizza
704 French Fries
611 Bagged Baby Carrots
670 Fresh Fruit
446 Mott's Apple Juice

17

234 Chicken Tenders with Potato Wedges
OR
269 Mini Corn Dog with Chicken Nuggets & Potato Wedges
603 Maple Baked Beans
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
684 Mixed Berry Applesauce
992 Oatmeal Cookie

24

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

31

255 Cheese Stuffed Breadsticks & 622 Marinara Sauce
OR
220 Taco Meat & 944 Tostitos Top N' Go
611 Bagged Baby Carrots
670 Fresh Fruit
608 Dole Tropical Fruit Cup

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.