

October 2019

Middle School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>30 480 Cheeseburger OR 481 Hamburger 704 French Fries 699 Strawberry Cup 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p>	<p>1 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce</p>	<p>2 289 Pancakes with Sausage OR 226 Philly Cheesesteak Pinwheel 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit 658 Cherry Craisins</p>	<p>3 232 Crispy Chicken Drumstick & 908 Dinner Roll OR 205 Popcorn Chicken 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 685 Water Ice 928 Goldfish Pretzels</p>	<p>4 263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops 620 Salsa</p>
<p>7 269 Mini Corn Dogs & Chicken Nuggets w Potato Rounds OR 234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 670 Fresh Fruit 658 Cherry Craisins 992 Oatmeal Cookie</p>	<p>8 253 Hot Dog with French Fries OR 294 Meatballs with Tomato Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 907 Hot Dog Bun 932 Cinnamon Scooby Snacks</p>	<p>9 275 BBQ Chicken Filet OR 207 Rib-B-Que 704 French Fries 670 Fresh Fruit 446 Mott's Apple Juice 902 Kaiser Roll</p>	<p>10 273 Rotini Bake OR 274 Curly Cheesy Lasagna 670 Fresh Fruit 447 Mott's Apple White Grape Juice 908 Dinner Roll OR 901 Honey Biscuit</p>	<p>11 215 Beef & Cheese Taco OR 251 Chicken Nuggets 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 608 Dole Tropical Fruit Cup 990 Chocolate Chip Cookie</p>
<p>14 480 Cheeseburger OR 481 Hamburger 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup 902 Kaiser Roll</p>	<p>15 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds OR 234 Chicken Tenders with Potato Wedges 625 Sweet Maple Carrots 670 Fresh Fruit 445 Mott's Fruit Punch Juice 932 Cinnamon Scooby Snacks</p>	<p>16 289 Pancakes with Sausage OR 210 Crispy Chicken Filet & 902 Kaiser Roll 634 Hash Browns 670 Fresh Fruit 658 Cherry Craisins</p>	<p>17 263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>18 215 Beef & Cheese Taco OR 483 Chicken Nuggets 611 Bagged baby Carrots 540 Garlic Hummus 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 990 Chocolate Chip Cookie</p>
<p>21 274 Curly Cheesy Lasagna OR 273 Rotini Bake 447 Mott's Apple White Grape Juice 908 Dinner Roll 903 Maple Biscuit</p>	<p>22 232 Crispy Chicken Drumstick & 908 Dinner Roll OR 205 Popcorn Chicken 704 French Fries 670 Fresh Fruit 685 Water Ice 932 Cinnamon Scooby Snacks</p>	<p>23 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 647 Dole Mandarin Orange Cup</p>	<p>24 227 BBQ Chicken & Cheese Wrap OR 226 Philly Cheesesteak Pinwheel 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 658 Cherry Craisins 929 Cinnamon Elf Grahams</p>	<p>25 253 Hot Dog with French Fries 603 Maple Baked Beans 699 Strawberry Cup 446 Mott's Apple Juice 907 Hot Dog Bun 990 Chocolate Chip Cookie</p>
<p>28 225 Cheesy Taco Meat & 941 Tostitos Scoops OR 207 Rib-B-Que & 902 Kaiser Roll 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins</p>	<p>29 233 Popcorn Chicken with Sweet & Sour Broccoli & 904 Wheat Bread OR 204 Chicken Parmesan & 902 Kaiser Roll 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 685 Water Ice</p>	<p>30 272 Four Cheese Panini OR 265 Chicken Ranch Flatbread 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 684 Mixed Berry Applesauce</p>	<p>31 263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 685 Water Ice</p>	<p>1 483 Chicken Nuggets OR 275 BBQ Chicken Filet 902 Kaiser Roll 704 French Fries 546 Cheesy Pizza Hummus 608 Dole Tropical Fruit Cup 446 Mott's Apple Juice 928 Goldfish Pretzels</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

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.