



# September 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](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.

|  | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|---|--|--|--|---|
|  | <p><b>2</b></p> <p style="text-align: center;"><b>Labor Day</b></p>   | <p><b>3</b></p> <p>480 Cheeseburger<br/>OR<br/>481 Hamburger<br/>603 Maple Baked Beans<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>608 Dole Tropical Fruit Cup<br/>902 Kaiser Roll</p>   | <p><b>4</b></p> <p>289 Pancakes with Sausage<br/>OR<br/>210 Crispy Chicken Filet<br/>634 Hash Browns<br/>630 Dragon Punch Vegetable Juice<br/>670 Fresh Fruit<br/>658 Cherry Craisins<br/>902 Kaiser Roll</p>                          | <p><b>5</b></p> <p>263 5" Round Cheese Pizza<br/>OR<br/>264 4x6" Cheese Pizza<br/>632 Wango Mango Vegetable Juice<br/>446 Mott's Apple Juice<br/>670 Fresh Fruit<br/>941 Tostitos Scoops<br/>620 Salsa</p>   | <p><b>6</b></p> <p>215 Beef &amp; Cheese Taco<br/>OR<br/>483 Chicken Nuggets<br/>639 Corn<br/>611 Bagged Baby Carrots<br/>540 Garlic Hummus<br/>447 Mott's Apple White Grape Juice<br/>659 Watermelon Craisins<br/>990 Chocolate Chip Cookie</p>                    |
|  | <p><b>9</b></p> <p>274 Curly Cheesy Lasagna<br/>OR<br/>273 Rotini Bake<br/>623 Broccoli<br/>670 Fresh Fruit<br/>447 Mott's Apple White Grape Juice<br/>908 Dinner Roll<br/>903 Maple Biscuit</p>  | <p><b>10</b></p> <p>232 Crispy Chicken Drumstick &amp; 908 Dinner Roll<br/>OR<br/>205 Popcorn Chicken<br/>704 French Fries<br/>635 Calypso Crush Vegetable Juice<br/>670 Fresh Fruit<br/>685 Rosati "American Hero" Water Ice<br/>932 Cinnamon Scooby Snacks</p>           | <p><b>11</b></p> <p>255 Cheese Stuffed Breadsticks<br/>622 Marinara Sauce<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>647 Dole Mandarin Orange Cup</p>   | <p><b>12</b></p> <p>227 BBQ Chicken &amp; Cheese Wrap<br/>OR<br/>226 Philly Cheesesteak Pinwheel<br/>706 Romaine Salad with Cherry Tomatoes<br/>630 Dragon Punch Vegetable Juice<br/>670 Fresh Fruit<br/>658 Cherry Craisins<br/>929 Cinnamon Elf Grahams</p>                      | <p><b>13</b></p> <p>253 Hot Dog with French Fries<br/>603 Maple Baked Beans<br/>699 Strawberry Cup<br/>446 Mott's Apple Juice<br/>990 Chocolate Chip Cookie<br/>907 Hot Dog Bun</p>   |
|  | <p><b>16</b></p> <p>220 Taco Meat<br/>OR<br/>207 Rib-B-Que<br/>639 Corn<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>658 Cherry Craisins<br/>902 Kaiser Roll<br/>941 Tostitos Scoops</p>   | <p><b>17</b></p> <p>233 Popcorn Chicken with Sweet &amp; Sour Broccoli &amp; 904 Wheat Bread<br/>OR<br/>204 Chicken Parmesan<br/>902 Kaiser Roll<br/>927 Green Beans<br/>630 Dragon Punch Vegetable Juice<br/>670 Fresh Fruit<br/>685 Rosati "American Hero" Water Ice</p> | <p><b>18</b></p> <p>272 Four Cheese Panini<br/>OR<br/>265 Chicken Ranch Flatbread<br/>611 Bagged Baby Carrots<br/>546 Cheesy Pizza Hummus<br/>635 Calypso Crush Vegetable Juice<br/>670 Fresh Fruit<br/>684 Mixed Berry Applesauce</p> | <p><b>19</b></p> <p>483 Chicken Nuggets<br/>OR<br/>275 BBQ Chicken Filet &amp; 902 Kaiser Roll<br/>704 French Fries<br/>546 Cheesy Pizza Hummus<br/>608 Dole Tropical Fruit Cup<br/>446 Mott's Apple Juice<br/>928 Goldfish Pretzels</p>   | <p><b>20</b></p> <p>263 5" Round Cheese Pizza<br/>OR<br/>264 4x6" Cheese Pizza<br/>708 Romaine Salad with Spinach &amp; Chickpeas<br/>670 Fresh Fruit<br/>447 Mott's Apple White Grape Juice</p>  |
|  | <p><b>23</b></p> <p>253 Hot Dog with French Fries<br/>OR<br/>294 Meatballs with Tomato Sauce<br/>630 Dragon Punch Vegetable Juice<br/>670 Fresh Fruit<br/>685 Rosati "American Hero" Water Ice<br/>907 Hot Dog Bun<br/>932 Cinnamon Scooby Snacks</p> | <p><b>24</b></p> <p>215 Beef &amp; Cheese Taco<br/>OR<br/>482 Grilled Chicken Filet &amp; 902 Kaiser Roll<br/>639 Corn<br/>631 Cherry Star Vegetable Juice<br/>670 Fresh Fruit<br/>658 Cherry Craisins</p>   | <p><b>25</b></p> <p>271 Spaghetti &amp; Meatballs<br/>OR<br/>292 Penne Pasta with Meat Sauce<br/>623 Broccoli<br/>670 Fresh Fruit<br/>445 Mott's Fruit Punch Juice<br/>908 Dinner Roll<br/>903 Maple Biscuit</p>                       | <p><b>26</b></p> <p>269 Mini Corn Dogs &amp; Chicken Nuggets with Potato Rounds<br/>OR<br/>234 Chicken Tenders with Potato Wedges<br/>611 Bagged Baby Carrots<br/>541 Chocolate Hummus<br/>699 Strawberry Cup<br/>447 Mott's Apple White Grape Juice<br/>928 Goldfish Pretzels</p> | <p><b>27</b></p> <p>227 BBQ Chicken &amp; Cheese Wrap &amp; 929 Cinnamon Elf Grahams<br/>OR<br/>223 Veggie Pinwheel<br/>708 Romaine Salad with Spinach &amp; Chickpeas<br/>635 Calypso Crush Vegetable Juice<br/>670 Fresh Fruit<br/>684 Mixed Berry Applesauce</p> |