November 2019

High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
4 253 Hot Dog with French Fries OR 294 Meatballs with Tomato Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 686 Rosati Water Ice 907 Hot Dog Bun 932 Cinnamon Scooby Snacks	**5** 215 Beef & Cheese Taco OR 482 Grilled Chicken Filet & 902 Kaiser Roll 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins	**6** 271 Spaghetti & Meatballs OR 292 Penne Pasta with Meat Sauce 623 Broccoli 670 Fresh Fruit 445 Mott's Fruit Punch Juice 908 Dinner Roll OR 903 Maple Biscuit	**7** 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds OR 234 Chicken Tenders with Potato Wedges 611 Bagged Baby Carrots 541 Chocolate Hummus OR 545 Cranberry Orange Hummus 447 Mott's Apple White Grape Juice 699 Strawberry Cup 928 Pretzel Goldfish	**8** 227 BBQ Chicken & Cheese Wrap OR 223 Veggie Pinwheel 708 Romaine Salad with Spinach & Chickpeas 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 929 Cinnamon Elf Grahams
11 480 Cheeseburger OR 481 Hamburger 704 French Fries 611 Bagged Baby Carrots 699 Strawberry Cup 447 Mott's Apple White Grape Juice 902 Kaiser Roll	**12** 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce	**13** 289 Pancakes with Sausage OR 226 Philly Cheesesteak Pinwheel 611 Bagged Baby Carrots 540 Garlic Hummus 635 Calypso Crush Vegetable Juice 670 Fresh fruit 658 Cherry Craisins	**14** 232 Crispy Chicken Drumstick & 908 Dinner Roll OR 205 Popcorn Chicken 708 Romaine Salad with Spinach & Chickpeas 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 686 Rosati Water Ice 928 Pretzel Goldfish	**15** 263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops 620 Salsa
18 234 Chicken Tenders with Potato Wedges OR 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 603 Maple Baked Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins 992 Oatmeal Cookie	**19** 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	**20** 275 BBQ Chicken Filet OR 207 Rib-B-Que 704 French Fries 611 Bagged Baby Carrots 670 Fresh Fruit 446 Mott's Apple Juice 902 Kaiser Roll	**21** 273 Rotini Bake OR 274 Curly Cheesy Lasagna 623 Broccoli 670 Fresh Fruit 447 Mott's Apple White Grape Juice 908 Dinner Roll 901 Honey Biscuit	**22** 215 Beef & Cheese Taco **OR** 483 Chicken Nuggets 706 Romaine Salad with Cherry Tomatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup 990 Chocolate Chip Cookie
25 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds OR 234 Chicken Tenders with Potato Wedges 625 Sweet Maple Carrots 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 932 Leaf Cookie	**26** 211 Sloppy Joe & 902 Kaiser Roll OR 222 Sliced Turkey with Stuffing, Mashed Potatoes & Gravy & 908 Dinner Roll 631 Cherry Star Vegetable Juice 670 Fresh Fruit 608 Dole Tropical Fruit Cup	**27** 289 Pancakes with Sausage OR 210 Crispy Chicken Filet & 902 Kaiser Roll 634 Hash Brown 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins	**28** **Happy Thanksgiving**	**29** **Happy Thanksgiving**

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
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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.