

FEBRUARY 2020

Winning Slogan "Have a Great Year and Eat Healthy" –
by Maddison, grade 4, Laboratory Charter

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday

204 Chicken Parmesan & 914 Hamburger Bun **3**
OR
234 Chicken Tenders with Potato Wedges
603 Maple Baked Beans
670 Fresh Fruit
941 Tostitos Scoops

252 Cheeseburger Macaroni & 908 Dinner Roll **10**
OR
286 Meatloaf with Gravy & 914 Hamburger Bun
630 Dragon Punch Vegetable Juice
623 Broccoli
690 Apple Crisps

210 Crispy Chicken Filet & 914 Hamburger Bun **17**
OR
217 Teriyaki Chicken with Brown Rice & 908 Dinner Roll
629 Corn & Carrots
632 Wango Mango Vegetable Juice
690 Apple Crisps

253 Hot Dog with French Fries & 907 Hot Dog Bun **24**
OR
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
603 Maple Baked Beans
749 Apple-Cherry Juice
928 Goldfish Pretzels

Tuesday

255 Cheese Stuffed Breadsticks **4**
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
659 Watermelon Craisins

230 Chicken Tenders with Sweet Potato Tots **11**
OR
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
611 Bagged Baby Carrots
670 Fresh Fruit
932 Cinnamon Scooby Snacks

221 Two Cheese Chicken Quesadilla **18**
OR
215 Beef & Cheese Taco
636 Fiesta Corn
630 Dragon Punch Vegetable Juice
658 Cherry Craisins

286 Meatloaf with Gravy **25**
OR
281 Salisbury Steak with Gravy
610 Mashed Potatoes
632 Wango Mango Vegetable Juice
691 Strawberry Apple Crisps
914 Hamburger Bun

Wednesday

289 Pancakes with Sausage **5**
OR
251 Chicken Nuggets
634 Hash Brown
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

253 Hot Dog with French Fries **12**
632 Wango Mango Vegetable Juice
658 Cherry Craisins
907 Hot Dog Bun

200 Hamburger **19**
OR
201 Cheeseburger
603 Maple Baked Beans
611 Bagged Baby Carrots
670 Fresh Fruit
914 Hamburger Bun

255 Cheese Stuffed Breadsticks **26**
622 Marinara Sauce
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup

Thursday

294 Meatballs with Tomato Sauce & 907 Hot Dog Bun **6**
OR
220 Taco Meat & 941 Tostitos Scoops
611 Bagged Baby Carrots
749 Apple-Cherry Juice

273 Rotini Bake **13**
OR
274 Curly Cheesy Lasagna
695 Strawberry-Mango Sidekick
908 Dinner Roll **OR**
901 Honey Biscuit

204 Chicken Parmesan & 914 Hamburger Bun **20**
OR
234 Chicken Tenders with Potato Wedges
624 Garlic Green Beans
670 Fresh Fruit
932 Cinnamon Scooby Snacks

273 Rotini Bake **27**
OR
274 Curly Cheesy Lasagna
753 Orange Juice
903 Maple Biscuit **OR**
908 Dinner Roll

Friday

263 5" Round Cheese Pizza **7**
OR
264 4 x 6" Cheese Pizza
623 Broccoli
752 Fruit Punch Juice
990 Chocolate Chip Cookie

205 Popcorn Chicken **14**
603 Maple Baked Beans
631 Cherry Star Vegetable Juice
685 Rosati Water Ice
993 Heart Cookie

263 5" Round Cheese Pizza **21**
OR
264 4 x 6" Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
750 Apple Juice

272 Four Cheese Panini **28**
OR
223 Veggie Pinwheel
708 Romaine Salad with Spinach & Chickpeas
699 Strawberry Cup

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.

