



September 2020



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

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
	31 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 627 Green Beans 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 445 Mott's Fruit Punch Juice 932 Cinnamon Scooby Snacks	1 221 Two Cheese Chicken Quesadilla 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 690 Apple Crisp	2 289 Pancakes and Sausage 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins	3 263 5" Round Cheese Pizza 632 Wango Mango Vegetable Juice 446 Mott's Apple Juice 684 Mixed Berry Applesauce 941 Tostitos Scoops 620 Salsa	4 215 Beef & Cheese Taco 639 Corn 611 Bagged Baby Carrots 540 Garlic Hummus 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 990 Chocolate Chip Cookie
	7 Labor Day	8 205 Popcorn Chicken 704 French Fries 635 Calypso Crush Vegetable Juice 608 Dole Tropical Fruit Cup 685 Rosati Water Ice 932 Cinnamon Scooby Snacks	9 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 690 Apple Crisps 647 Dole Mandarin Orange Cup	10 226 Philly Cheesesteak Pinwheel 623 Broccoli 630 Dragon Punch Vegetable Juice 691 Strawberry Apple Crisp 658 Cherry Craisins 929 Cinnamon Elf Grahams	11 217 Teriyaki Chicken w/ Brown Rice 603 Maple Baked Beans 611 Bagged Baby Carrots 699 Strawberry Cup 446 Mott's Apple Juice 990 Chocolate Chip Cookie
	14 225 Cheesy Taco Meat 639 Corn 631 Cherry Star Vegetable Juice 658 Cherry Craisins 647 Dole Mandarin Orange Cup 941 Tostitos Scoops 929 Cinnamon Elf Grahams	15 233 Popcorn Chicken with Sweet & Sour Broccoli 627 Green Beans 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 685 Rosati Water Ice 901 Honey Biscuit 928 Goldfish Pretzels	16 272 Four Cheese Panini 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce	17 483 Chicken Nuggets 704 French Fries 546 Cheesy Pizza Hummus 608 Dole Tropical Fruit Cup 446 Mott's Apple Juice 928 Goldfish Pretzels	18 263 5" Round Cheese Pizza 623 Broccoli 632 Wango Mango Vegetable Juice 691 Strawberry Apple Crisps 447 Mott's Apple White Grape Juice
	21 294 Meatballs w/ Tomato Sauce 630 Dragon Punch Vegetable Juice 691 Strawberry Apple Crisps 686 Rosati Water Ice 901 Honey Biscuit 932 Cinnamon Scooby Snacks	22 215 Beef & Cheese Taco 639 Corn 631 Cherry Star Vegetable Juice 691 Strawberry Apple Crisps 658 Cherry Craisins	23 271 Spaghetti & Meatballs 623 Broccoli 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice 901 Honey Biscuit OR 903 Maple Biscuit	24 234 Chicken Tenders w/ Potato Wedges 611 Bagged Baby Carrots 541 Chocolate Hummus 699 Strawberry Cup 447 Mott's Apple White Grape Juice 928 Goldfish Pretzels	25 223 Veggie Pinwheel 623 Broccoli 635 Calypso Crush Vegetable Juice 684 Mixed Berry Applesauce 690 Apple Crisps