

October 2020

High School Lunch



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>28 269 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</p> <p>5 274 Curly Cheesy Lasagna 623 Broccoli 447 Mott's Apple White Grape Juice 901 Honey Biscuit OR 903 Maple Biscuit</p> <p>12 225 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</p> <p>19 294 Meatballs with Tomato Sauce 630 Dragon Punch Vegetable Juice 686 Rosati Water Ice 691 Strawberry Apple Crisps 901 Honey Biscuit 932 Cinnamon Scooby Snacks</p> <p>26 269 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</p> | <p>29 221 Two Cheese Chicken Quesadilla 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 690 Apple Crisps</p> <p>6 205 Popcorn Chicken 704 French Fries 635 Calypso Crush Vegetable Juice 685 Rosati Water Ice 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p> <p>13 233 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</p> <p>20 215 Beef & Cheese Taco 639 Corn 631 Cherry Star Vegetable Juice 691 Strawberry Apple Crisps 658 Cherry Craisins</p> <p>27 221 Two Cheese Chicken Quesadilla 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 690 Apple Crisps</p> | <p>30 289 Pancakes with Sausage 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins</p> <p>7 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 690 Apple Crisps</p> <p>14 272 Four Cheese Panini 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce</p> <p>21 271 Spaghetti & Meatballs 623 Broccoli 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice 901 Honey Biscuit OR 903 Maple Biscuit</p> <p>28 289 Pancakes with Sausage 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins</p> | <p>1 263 5" Round Cheese Pizza 632 Wango Mango Vegetable Juice 446 Mott's Apple Juice 684 Mixed Berry Applesauce 941 Tostitos Scoops 620 Salsa</p> <p>8 226 Philly Cheesesteak Pinwheel 623 Broccoli 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 691 Strawberry Apple Crisps 929 Cinnamon Elf Grahams</p> <p>15 483 Chicken Nuggets 704 French Fries 546 Cheesy Pizza Hummus 608 Dole Tropical Fruit Cup 446 Mott's Apple Juice 928 Goldfish Pretzels</p> <p>22 234 Chicken Tenders with Potato Wedges 611 Bagged Baby Carrots 541 Chocolate Hummus 699 Strawberry Cup 447 Mott's Apple White Grape Juice 928 Goldfish Pretzels</p> <p>29 263 5" Round Cheese Pizza 632 Wango Mango Vegetable Juice 446 Mott's Apple Juice 684 Mixed Berry Applesauce 941 Tostitos Scoops 620 Salsa</p> | <p>2 215 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</p> <p>9 217 Teriyaki Chicken with Brown Rice 603 Maple Baked Beans 611 Bagged Baby Carrots 699 Strawberry Cup 446 Mott's Apple Juice 990 Chocolate Chip Cookie</p> <p>16 263 5" Round Cheese Pizza 623 Broccoli 632 Wango Mango Vegetable Juice 691 Strawberry Apple Crisps 447 Mott's Apple White Grape Juice</p> <p>23 223 Veggie Pinwheel 623 Broccoli 635 Calypso Crush Vegetable Juice 684 Mixed Berry Applesauce 690 Apple Crisps</p> <p>30 215 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</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

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.