



December 2020



High School Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
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.	30 263 5" Round Cheese Pizza 611 Bagged Baby Carrots 630 Dragon Punch Vegetable Juice 608 Dole Tropical Fruit Cup 658 Cherry Craisins 990 Chocolate Chip Cookie	1 221 Two Cheese Chicken Quesadilla 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 445 Mott's Fruit Punch Juice 941 Tostitos Scoops 620 Salsa	2 271 Spaghetti & Meatballs 623 Broccoli 670 Fresh Fruit 446 Mott's Apple Juice 903 Maple Biscuit	3 205 Popcorn Chicken 704 French Fries 635 Calypso Crush Vegetable Juice 690 Apple Crisps 608 Dole Tropical Fruit Cup 901 Honey Biscuit 992 Oatmeal Cookie	4 252 Cheeseburger Macaroni 623 Broccoli 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 903 Maple Biscuit 928 Goldfish Pretzels 546 Cheesy Pizza Hummus
	7 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 694 Kiwi Strawberry Sidekick 929 Cinnamon Elf Grahams	8 489 Salisbury Steak with Gravy 610 Mashed Potatoes 630 Dragon Punch Vegetable Juice 685 Rosati Water Ice 609 Dole Mixed Fruit Cup 901 Honey Biscuit	9 225 Cheesy Taco Meat 944 Tostitos Top N' Go 620 Salsa 623 Broccoli 658 Cherry Craisins 447 Mott's Apple White Grape Juice	10 217 Teriyaki Chicken with Brown Rice 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 690 Apple Crisps 445 Mott's Fruit Punch Juice 901 Honey Biscuit	11 483 Chicken Nuggets 611 Bagged Baby Carrots 541 Chocolate Hummus 636 Fiesta Corn 446 Mott's Apple Juice 699 Strawberry Cup 990 Chocolate Chip Cookie
	14 234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 608 Dole Tropical Fruit Cup 684 Mixed Berry Applesauce 941 Tostitos Scoops	15 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 635 Calypso Crush Vegetable Juice 659 Watermelon Craisins 445 Mott's Fruit Punch Juice	16 289 Pancakes with Sausage 634 Hash Browns 630 Dragon Punch Vegetable Juice 691 Strawberry Apple Crisps 684 Mixed Berry Applesauce 932 Cinnamon Scooby Snacks	17 294 Meatballs with Tomato Sauce 623 Broccoli 690 Apple Crisps 446 Mott's Apple Juice 901 Honey Biscuit	18 264 4x6" Cheese Pizza 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 695 Strawberry-Mango Sidekick 445 Mott's Fruit Punch Juice 990 Chocolate Chip Cookie
21 292 Penne Pasta with Meat Sauce 623 Broccoli 695 Strawberry-Mango Sidekick 684 Mixed Berry Applesauce 901 Honey Biscuit	22 205 Popcorn Chicken 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 658 Cherry Craisins 685 Rosati Water Ice 903 Maple Biscuit 993 Holiday Cookie	23	24	25	

Nutritional Development Services

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Archdiocese of Philadelphia
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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.

Happy Holidays!