

DECEMBER 2020

"Cooking up a better life? Health is your main ingredient."- By Joshua, grade 6
From Notre Dame De Lourdes School

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

263 5" Round Cheese Pizza **30**
630 Dragon Punch Vegetable Juice
658 Cherry Craisins
990 Chocolate Chip Cookie

Tuesday

221 Two Cheese Chicken Quesadilla **1**
620 Salsa
603 Maple Baked Beans
608 Dole Tropical Fruit Cup
941 Tostitos Scoops

Wednesday

271 Spaghetti & Meatballs **2**
670 Fresh Fruit
903 Maple Biscuit

Thursday

205 Popcorn Chicken **3**
704 French Fries
752 Fruit Punch Juice
903 Maple Biscuit

Friday

252 Cheeseburger Macaroni **4**
623 Broccoli
631 Cherry Star Vegetable Juice
670 Fresh Fruit
901 Honey Biscuit

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds **7**
639 Corn
694 Kiwi Strawberry Sidekick

281 Salisbury Steak with Gravy **8**
610 Mashed Potatoes
630 Dragon Punch Vegetable Juice
685 Rosati Water Ice
901 Honey Biscuit

220 Taco Meat **9**
623 Broccoli
658 Cherry Craisins
941 Tostitos Scoops

217 Teriyaki Chicken with Brown Rice **10**
603 Maple Baked Beans
632 Wango Mango Vegetable Juice
690 Apple Crisps

251 Chicken Nuggets **11**
611 Bagged Baby Carrots
541 Chocolate Hummus
699 Strawberry Cup

234 Chicken Tenders with Potato Wedges **14**
603 Maple Baked Beans
608 Dole Tropical Fruit Cup
941 Tostitos Scoops

255 Cheese Stuffed Breadsticks **15**
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
659 Watermelon Craisins

289 Pancakes with Sausage **16**
634 Hash Brown
630 Dragon Punch Vegetable Juice
691 Strawberry Apple Crisps

294 Meatballs with Sauce **17**
625 Sweet Maple Carrots
749 Apple-Cherry Juice
901 Honey Biscuit

264 4x6" Cheese Pizza **18**
623 Broccoli
752 Fruit Punch Juice
990 Chocolate Chip Cookie

292 Penne Pasta with Meat Sauce **21**
695 Strawberry-Mango Sidekick
901 Honey Biscuit

205 Popcorn Chicken **22**
603 Maple Baked Beans
631 Cherry Star Vegetable Juice
685 Rosati Water Ice
993 Holiday Cookie



24

25

Happy Holidays!



29

30

31

Enjoy your break!

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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.