

NOVEMBER 2021

"Healthy foods bring good moods!"
From St. Monica Senior 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

253 Hot Dog with French Fries
603 Maple Baked Beans
658 Cherry Craisins
906 Hot Dog Bun

1



Tuesday

263 5" Round Cheese Pizza
611 Bagged Baby Carrots
633 Sunset Sip Vegetable Juice
691 Strawberry Apple Crisp

2

Wednesday

292 Penne Pasta with Meat Sauce
750 Apple Juice
909 Dinner Roll

3

Thursday

205 Popcorn Chicken
704 French Fries
752 Fruit Punch Juice
992 Oatmeal Cookie

4

Friday

275 BBQ Chicken Filet
706 Romaine Salad with Cherry Tomatoes
684 Mixed Berry Applesauce
915 Hamburger Bun

5



230 Chicken Tenders with Sweet Potato Puffs
611 Bagged Baby Carrots
545 Cranberry Orange Hummus
645 Dole Pineapple Cup
992 Oatmeal Cookie

8

294 Meatballs with Sauce
624 Garlic Green Beans
749 Apple Cherry Juice
915 Hamburger Bun

9

215 Beef & Cheese Taco
639 Corn
620 Salsa
659 Watermelon Craisins
941 Tostitos Scoops

10

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
694 Kiwi Strawberry Sidekick

11

200 Hamburger
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice
915 Hamburger Bun

12

234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
645 Dole Pineapple Cup
990 Chocolate Chip Cookie

15

263 5" Round Cheese Pizza
623 Broccoli
633 Sunset Sip Vegetable Juice
658 Cherry Craisins

16

253 Hot Dog with French Fries
603 Maple Baked Beans
608 Dole Tropical Fruit Cup
906 Hot Dog Bun

17

292 Penne Pasta with Meat Sauce
659 Watermelon Craisins
929 Cinnamon Elf Grahams

18

210 Crispy Chicken Filet
630 Dragon Punch Vegetable Juice
611 Bagged Baby Carrots
608 Dole Tropical Fruit Cup
915 Hamburger Bun

19



222 Sliced Turkey with Stuffing, Mashed Potatoes & Gravy
623 Broccoli
620 Salsa
685 Rosati Water Ice
941 Tostitos Scoops

22

289 Pancakes with Sausage
634 Hash Browns
632 Wango Mango Vegetable Juice
659 Watermelon Craisins
993 Holiday Cookie

23

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
645 Dole Pineapple Cup

24

Happy Thanksgiving



25

Happy Thanksgiving



26

220 Taco Meat
623 Broccoli
608 Dole Tropical Fruit Cup
906 Hot Dog Bun

29

221 Two Cheese, Chicken Quesadilla
639 Corn
633 Sunset Sip Vegetable Juice
659 Watermelon Craisins

30

253 Hot Dog with Fries
603 Maple Baked Beans
645 Dole Pineapple Cup
906 Hog Dog Bun

1



205 Popcorn Chicken
633 Sunset Sip Vegetable Juice
611 Bagged Baby Carrots
752 Fruit Punch Juice
990 Chocolate Chip Cookie

2

271 Spaghetti & Meatballs
684 Mixed Berry Applesauce
909 Dinner Roll

3



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.



NOVEMBER 2021



DEAR PARENTS, CAREGIVERS & STUDENTS,

HAPPY NOVEMBER! FALL IS UNDERWAY & THE HOLIDAY SEASON IS NEAR! AT NDS, WE ARE THANKFUL FOR OUR ABILITY TO PROVIDE MEALS THAT FUEL OUR STUDENTS TO DO THEIR BEST WORK! HAVE A WONDERFUL HOLIDAY SEASON & TAKE TIME TO REFLECT ON WHAT YOU'RE THANKFUL FOR THIS SEASON!

-NDS STAFF



Which Thanksgiving Food Am I?

1. I am usually orange but I can also be purple, red, white and yellow. I contain lots of Beta-carotene. Who am I? _____
2. I am green on the outside and yellow on the inside. I can have up to 800 kernels, who am I? _____
3. I am round and grow from the ground. I can be used for a Halloween decoration and Thanksgiving dessert. I contain Vitamin A, & C. Who am I? _____

PUMPKIN CRANBERRIES CARROTS CORN TURKEY GREEN BEANS YAMS GRAVY

SERBERCRAIN

RAGVY

SAMY

ENGRE

SANBE

COMMUNITY FOOD PROGRAM (CFP)

CFP challenges people to help those experiencing food insecurity by raising awareness & inviting people to organize food collectionss. Think about how you can help others in your community by organizing a food drive or volunteering at a local pantry.

Visit: communityfoodprogram.org to learn more!



A BALANCED THANKSGIVING MEAL



PRAYER CORNER

GRACIOUS GOD. NOVEMBER IS THE MONTH THAT WE GIVE THANKS TO YOU IN A SPECIAL WAY FOR ALL THE WONDERFUL FOOD THAT YOU PROVIDE FOR US. WE ASK YOU TO BLESS ALL THE PEOPLE THAT TAKE CARE OF US - OUR PARENTS AND GRANDPARENTS, OUR AUNTS AND UNCLES. PLEASE BLESS OUR BROTHERS AND SISTERS AND ALL OF OUR FRIENDS.

AS WE ENJOY ALL THE GOOD FOOD THAT WE HAVE TO EAT AND DRINK, PLEASE HELP US REMEMBER ALL THE PEOPLE IN OUR COUNTRY AND AROUND THE WORLD WHO ARE HUNGRY EACH DAY. HELP US TO FIND WAYS TO SHARE WITH THEM. AMEN.