

November 2021

High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
1 253 Hot Dog with French Fries 603 Maple Baked Beans 658 Cherry Craisins 445 Mott's Fruit Punch Juice 906 Hot Dog Bun	2 263 5" Round Cheese Pizza 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 645 Dole Pineapple Cup 691 Strawberry Apple Crisps	3 292 Penne Pasta with Meat Sauce 623 Broccoli 659 Watermelon Craisins 446 Mott's Apple Juice 909 Dinner Roll	4 232 Crispy Chicken Drumstick 704 French Fries 611 Bagged Baby Carrots 647 Dole Mandarin Orange Cup 447 Mott's Apple White Grape Juice 992 Oatmeal Cookie	5 480 Cheeseburger 706 Romaine Salad with Cherry Tomatoes 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 658 Cherry Craisins 915 Hamburger Bun
8 230 Chicken Tenders with Sweet Potato Puffs 611 Bagged Baby Carrots 545 Cranberry Orange Hummus 645 Dole Pineapple Cup 445 Mott's Fruit Punch Juice 992 Oatmeal Cookie	9 294 Meatballs with Tomato Sauce 624 Garlic Green Beans 446 Mott's Apple Juice 690 Apple Crisps 915 Hamburger Bun	10 215 Beef & Cheese Taco 639 Corn 620 Salsa 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 941 Tostitos Scoops	11 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 694 Kiwi Strawberry Sidekick 609 Dole Mixed Fruit Cup	12 481 Hamburger 708 Romaine Salad with Spinach & Chickpeas 634 Hash Browns 691 Strawberry Apple Crisps 688 Applesauce 915 Hamburger Bun
15 234 Chicken Tenders with Potato Wedges 631 Cherry Star Vegetable Juice 624 Garlic Green Beans 445 Mott's Fruit Punch 645 Dole Pineapple Cup 990 Chocolate Chip Cookie	16 264 4x6" Cheese Pizza 623 Broccoli 633 Sunset Sip Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce	17 253 Hot Dog with French Fries 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 446 Mott's Apple Juice 906 Hot Dog Bun	18 292 Penne Pasta with Meat Sauce 623 Broccoli 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 909 Dinner Roll	19 482 Grilled Chicken Filet 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 608 Dole Tropical Fruit Cup 659 Watermelon Craisins 915 Hamburger Bun
22 222 Sliced Turkey with Stuffing, Mashed Potatoes, & Gravy 623 Broccoli 620 Salsa 686 Rosati Water Ice 445 Mott's Fruit Punch Juice 941 Tostitos Scoops	23 289 Pancakes with Sausage 634 Hash Brown 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce 993 Holiday Cookie	24 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 694 Kiwi Strawberry Sidekick 690 Apple Crisps	25 <p style="text-align: center;">Happy Thanksgiving!</p>	26 <p style="text-align: center;">Happy Thanksgiving!</p>
29 220 Taco Meat 623 Broccoli 608 Dole Tropical Fruit Cup 690 Apple Crisps 915 Hamburger Bun	30 221 Two Cheese, Chicken Quesadilla 639 Corn 633 Sunset Sip Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce	1 253 Hot Dog with French Fries 603 Maple Baked Beans 645 Dole Pineapple Cup 445 Mott's Fruit Punch Juice 906 Hot Dog Bun	2 205 Popcorn Chicken 633 Sunset Sip Vegetable Juice 611 Bagged Baby Carrots 447 Mott's Apple White Grape Juice 658 Cherry Craisins 990 Chocolate Chip Cookie	3 271 Spaghetti & Meatballs 623 Broccoli 690 Apple Crisps 446 Mott's Apple Juice 909 Dinner Roll

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, all items are pork free.

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.