

# October 2021

## High School Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b> 234 Chicken Tenders with Potato Wedges 624 Garlic Green Beans 631 Cherry Star Vegetable Juice 645 Dole Pineapple Cup 445 Mott's Fruit Punch Juice 990 Chocolate Chip Cookie	<b>5</b> 263 5" Round Cheese Pizza OR 240 Turkey Bologna & Cheese Sub 623 Broccoli 633 Sunset Sip Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce	<b>6</b> 253 Hot Dog with French Fries 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 446 Mott's Apple Juice 906 Hot Dog Bun	<b>7</b> 274 Curly Cheesy Lasagna 623 Broccoli 659 Watermelon Craisins 447 Mott's White Apple Grape Juice 909 Dinner Roll	<b>8</b> 482 Grilled Chicken Filet 611 Bagged Baby Carrots 630 Dragon Punch Vegetable Juice 608 Dole Tropical Fruit Cup 659 Watermelon Craisins 915 Hamburger Bun
<b>11</b> 217 Teriyaki Chicken with Brown Rice 623 Broccoli 647 Dole Mandarin Orange Cup 445 Mott's Fruit Punch Juice 941 Tostitos Scoops 620 Salsa	<b>12</b> 289 Pancakes with Sausage 634 Hash Browns 632 Wango Mango Vegetable Juice 684 Mixed Berry Applesauce 659 Watermelon Craisins 928 Goldfish Pretzels	<b>13</b> 255 Cheese Stuffed Breadsticks OR 235 Cheese Sandwich 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 694 Kiwi Strawberry Sidekick 690 Apple Crisps	<b>14</b> 485 Swiss Steak 708 Romaine Salad with Spinach & Chickpeas 633 Sunset Sip Vegetable Juice 684 Mixed Berry Applesauce 658 Cherry Craisins 915 Hamburger Bun	<b>15</b> 269 Mini Corn Dogs with Chicken Nuggets & Potato Rounds 603 Maple Baked Beans 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 928 Goldfish Pretzels
<b>18</b> 294 Meatballs with Tomato Sauce 623 Broccoli 608 Dole Tropical Fruit Cup 690 Apple Crisps 915 Hamburger Bun	<b>19</b> 221 Two Cheese Chicken Quesadilla OR 249 Italian Whole Wheat Sub 639 Corn 633 Sunset Sip Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce	<b>20</b> 253 Hot Dog with French Fries 603 Maple Baked Beans 645 Dole Pineapple Cup 445 Mott's Fruit Punch Juice 906 Hot Dog Bun	<b>21</b> 205 Popcorn Chicken 633 Sunset Sip Vegetable Juice 611 Bagged Baby Carrots 658 Cherry Craisins 447 Mott's Apple White Grape juice 990 Chocolate Chip Cookie	<b>22</b> 271 Spaghetti & Meatballs 623 Broccoli 690 Apple Crisps 446 Mott's Apple Juice 909 Dinner Roll
<b>25</b> 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 633 Sunset Sip Vegetable Juice 685 Rosati Water Ice 658 Cherry Craisins	<b>26</b> 234 Chicken Tenders with Potato Wedges 623 Broccoli 631 Cherry Star Vegetable Juice 690 Apple Crisps 658 Cherry Craisins 932 Cinnamon Scooby Snacks	<b>27</b> 480 Cheeseburger & 915 Hamburger Bun OR 235 Cheese Sandwich 634 Hash Browns 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 608 Dole Tropical Fruit Cup	<b>28</b> 263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 691 Strawberry Apple Crisps 445 Mott's Fruit Punch Juice	<b>29</b> 485 Swiss Steak 634 Hash Browns 611 Bagged Baby Carrots 541 Chocolate Hummus 686 Chillin' Bat Orange Rosati Ice 446 Mott's Apple Juice 915 Hamburger Bun 993 Pumpkin Cookie

### 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**  
**222 N. 17th Street**  
**Philadelphia, PA 19103**  
**215-895-3470**

SchoolMealsNDS

NDSchoolLunchProgram

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[www.nutritionaldevelopmentservices.org](http://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.