



# December 2021




## High School Lunch


Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b> 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 633 Sunset Sip Vegetable Juice 685 Rosati Water Ice 658 Cherry Craisins	<b>7</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>8</b> 480 Cheeseburger 634 Hash Brown 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 608 Dole Tropical Fruit Cup 915 Hamburger Bun	<b>9</b> 272 Four Cheese Panini 708 Romaine Salad with Spinach & Chickpeas 445 Mott's Fruit Punch Juice 691 Strawberry Apple Crisps	<b>10</b> 483 Chicken Nuggets 611 Bagged Baby Carrots 541 Chocolate Hummus 634 Hash Brown 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice
<b>13</b> 253 Hot Dog with French Fries 603 Maple Baked Beans 658 Cherry Craisins 445 Mott's Fruit Punch Juice 906 Hot Dog Bun	<b>14</b> 263 5" Round Cheese Pizza 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 645 Dole Pineapple Cup 691 Strawberry Apple Crisps	<b>15</b> 270 Chicken Tenders with Mac & Cheese 623 Broccoli 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 697 Bagged Apple Slices 909 Dinner Roll	<b>16</b> 232 Crispy Chicken Drumstick 704 French Fries 611 Bagged Baby Carrots 447 Mott's Apple White Grape Juice 647 Dole Mandarin Orange Cup 992 Oatmeal Cookie	<b>17</b> 482 Grilled Chicken Filet 706 Romaine Salad with Cherry Tomatoes 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 658 Cherry Craisins 915 Hamburger Bun
<b>20</b> 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 611 Bagged Baby Carrots 545 Cranberry Orange Hummus 645 Dole Pineapple Cup 447 Mott's Apple White Grape Juice 993 Holiday Cookie	<b>21</b> 211 Sloppy Joe 624 Garlic Green Beans 686 Rosati Water Ice 690 Apple Crisps 915 Hamburger Bun	<b>22</b> 215 Beef & Cheese Taco 639 Corn 620 Salsa 659 Watermelon Craisins 446 Mott's Apple Juice 941 Tostitos Scoops	<b>23</b> 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 694 Kiwi Strawberry Sidekick 658 Cherry Craisins	<b>24</b> 
<b>27</b> 263 5" Round Cheese Pizza 633 Sunset Sip Vegetable Juice 623 Broccoli 659 Watermelon Craisins 684 Mixed Berry Applesauce	<b>28</b> 234 Chicken Tenders with Potato Wedges 631 Cherry Star Vegetable Juice 624 Garlic Green Beans 645 Dole Pineapple Cup 445 Mott's Fruit Punch Juice 990 Chocolate Chip Cookie	<b>29</b> 292 Penne Pasta with Meat Sauce 623 Broccoli 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 909 Dinner Roll	<b>30</b> 253 Hot Dog with French Fries 603 Maple Baked Beans 446 Mott's Apple Juice 608 Dole Tropical Fruit Cup 993 Holiday Cookie 906 Hot Dog Bun	<b>31</b> 482 Grilled Chicken Filet 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 608 Dole Tropical Fruit Cup 659 Watermelon Craisins 915 Hamburger Bun

### 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

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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.

**Happy Holidays!**