



# January 2022



## High School Lunch

### 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](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.

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>HAPPY NEW YEAR!!</b> 				
<b>10</b> 217 Teriyaki Chicken with Brown Rice 623 Broccoli 620 Salsa 686 Rosati Water Ice 445 Mott's Fruit Punch Juice 941 Tostitos Scoops	<b>11</b> 289 Pancakes with Sausage 634 Hash Brown 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce 928 Goldfish Pretzels	<b>12</b> 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 608 Dole Tropical Fruit Cup 690 Apple Crisps	<b>13</b> 269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 706 Romaine Salad with Cherry Tomatoes 447 Mott's Apple White Grape Juice 659 Watermelon Craisins 990 Chocolate Chip Cookie	<b>14</b> 480 Cheeseburger 603 Maple Baked Beans 611 Bagged Baby Carrots 446 Mott's Apple Juice 659 Watermelon Craisins 915 Hamburger Bun
<b>17</b> 294 Meatballs with Sauce 623 Broccoli 608 Dole Tropical Fruit Cup 690 Apple Crisps 906 Hot Dog Bun 928 Goldfish Pretzels	<b>18</b> 221 Two Cheese, Chicken Quesadilla 639 Corn 633 Sunset Sip Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce	<b>19</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>20</b> 205 Popcorn Chicken 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 447 Mott's Apple White Grape Juice 658 Cherry Craisins 990 Chocolate Chip Cookie	<b>21</b> 271 Spaghetti & Meatballs 623 Broccoli 690 Apple Crisps 684 Mixed Berry Applesauce 909 Dinner Roll
<b>24</b> 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 633 Sunset Sip Vegetable Juice 697 Bagged Sliced Apples 685 Rosati Water Ice	<b>25</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>26</b> 480 Cheeseburger 634 Hash Brown 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 446 Mott's Apple Juice 915 Hamburger Bun	<b>27</b> 263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 445 Mott's Fruit Punch Juice 691 Strawberry Apple Crisps 990 Chocolate Chip Cookie	<b>28</b> 485 Swiss Steak 611 Bagged Baby Carrots 541 Chocolate Hummus 634 Hash Brown 686 Rosati Water Ice 647 Dole Mandarin Orange Cup 915 Hamburger Bun