



February 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

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
<p>31 253 Hot Dog with French Fries 603 Maple Baked Beans 658 Cherry Craisins 445 Mott's Fruit Punch Juice 906 Hot Dog Bun</p>	<p>1 263 5" Round Cheese Pizza 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 645 Dole Pineapple Cup 691 Strawberry Apple Crisps</p>	<p>2 270 Chicken Tenders with Mac & Cheese OR 234 Chicken Tenders with Potato Wedges 623 Broccoli 630 Dragon Punch Vegetable Juice 697 Bagged Sliced Apples 608 Dole Tropical Fruit Cup 908 Dinner Roll</p>	<p>3 483 Chicken Nuggets OR 205 Popcorn Chicken 704 French Fries 611 Bagged Baby Carrots 647 Dole Mandarin Orange Cup 447 Mott's Apple White Grape Juice 992 Oatmeal Cookie</p>	<p>4 482 Grilled Chicken Filet 706 Romaine Salad with Cherry Tomatoes 630 Dragon Punch Vegetable Juice 684 Mixed Berry Apple Sauce 658 Cherry Craisins 915 Hamburger Bun</p>
<p>7 269 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</p>	<p>8 211 Sloppy Joe 624 Garlic Green Beans 695 Strawberry-Mango Sidekick 690 Apple Crisps 915 Hamburger Bun</p>	<p>9 215 Beef & Cheese Taco 620 Salsa 639 Corn 659 Watermelon Craisins 446 Mott's Apple Juice 941 Tostitos Scoops</p>	<p>10 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 684 Mixed Berry Applesauce 658 Cherry Craisins</p>	<p>11 481 Hamburger 708 Romaine Salad with Spinach & Chickpeas 634 Hash Browns 690 Apple Crisps 659 Watermelon Craisins</p>
<p>14 262 5" Round Cheese Pizza 623 Broccoli 633 Sunset Sip Vegetable Juice 684 Mixed Berry Applesauce 658 Cherry Craisins 990 Chocolate Chip Cookie</p>	<p>15 234 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</p>	<p>16 292 Penne Pasta with Meat Sauce 623 Broccoli 659 Watermelon Craisins 447 Mott's Apple White Grape Juice 932 Cinnamon Scooby Snacks</p>	<p>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 993 Holiday Cookie</p>	<p>18 482 Grilled Chicken Filet 611 Bagged Baby Carrots 630 Dragon Punch Vegetable Juice 608 Dole Tropical Fruit Cup 659 Watermelon Craisins 915 Hamburger Bun</p>
<p>21 289 Pancakes with Sausage 634 Hash Browns 632 Wango Mango Vegetable Juice 684 Mixed Berry Applesauce 659 Watermelon Craisins 993 Holiday Cookie</p>	<p>22 217 Teriyaki Chicken with Brown Rice 624 Garlic Green Beans 686 Rosati Water Ice 445 Mott's Fruit Punch Juice 941 Tostitos Scoops 620 Salsa</p>	<p>23 255 Cheese Stuffed Breadsticks 622 Marinara 630 Dragon Punch Vegetable Juice 608 Dole Tropical Fruit Cup 690 Apple Crisps</p>	<p>24 270 Chicken Tenders with Mac & Cheese OR 234 Chicken Tenders with Potato Wedges 706 Romaine Salad with Cherry Tomatoes 659 Watermelon Craisins 447 Mott's Apple White Grape Juice</p>	<p>25 480 Cheeseburger 603 Maple Baked Beans 611 Bagged Baby Carrots 446 Mott's Apple Juice 658 Cherry Craisins 915 Hamburger Bun</p>