



# OCTOBER 2022

## Elementary

**Nutritional Development Services**  
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

### Monday

284 Chicken Alfredo with Penne Pasta & Broccoli **3**  
611 Bagged Baby Carrots  
670 Fresh Fruit  
908 Dinner Roll

281 Popcorn Chicken with Roasted Potatoes **10**  
611 Bagged Baby Carrots  
749 Apple Cherry Juice  
990 Chocolate Chip Cookie

277 Chicken Fajita Bowl with Brown Rice, Black Beans & Tomatoes **17**  
749 Apple Cherry Juice  
941 Tostitos Scoops

284 Chicken Alfredo with Penne Pasta & Broccoli **24**  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
908 Dinner Rolls



### Tuesday

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **4**  
632 Wango Mango Vegetable Juice  
645 Dole Pineapple Cup  
903 Maple Biscuit

215 Taco Stick **11**  
620 Salsa  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit  
941 Tostitos Scoops

283 Chicken Fingers with Corn **18**  
631 Cherry Star Vegetable Juice  
645 Dole Pineapple Cup  
992 Oatmeal Cookie

280 Hamburger with Green Beans **25**  
611 Bagged Baby Carrots  
750 Apple Juice  
915 Hamburger Bun

### Wednesday

290 Spanish Rice & Beans with Plantains **5**  
620 Salsa  
749 Apple Cherry Juice  
941 Tostitos Scoops

280 Hamburger with Green Beans **12**  
541 Chocolate Hummus  
659 Craisins  
932 Cinnamon Scooby Snacks

286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables **19**  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit  
901 Honey Biscuit

281 Popcorn Chicken with Roasted Potatoes **26**  
541 Chocolate Hummus  
749 Apple Cherry Juice  
993 Holiday Cookie

### Thursday

202 Cheeseburger with Bun **6**  
604 Baked Beans  
752 Fruit Punch Juice  
992 Oatmeal Cookie

268 French Bread Pizza **13**  
708 Romaine Salad with Spinach & Chickpeas  
670 Fresh Fruit

274 Toasted Cheese Sandwich **20**  
706 Romaine Salad with Cherry Tomatoes  
752 Fruit Punch Juice

264 4x6 Cheese Pizza **27**  
708 Romaine Salad with Spinach & Chickpeas  
670 Fresh Fruit

### Friday

256 Cheese Stuffed Breadsticks **7**  
622 Marinara Sauce  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **14**  
632 Wango Mango Vegetable Juice  
608 Dole Fruit Cup  
915 Hamburger Bun

218 Mozzarella Pinwheels **21**  
611 Bagged Baby Carrots  
546 Cheesy Pizza Hummus  
670 Fresh Fruit

215 Taco Stick **29**  
620 Salsa  
632 Wango Mango Vegetable Juice  
670 Fresh Fruit  
941 Tostitos Scoops

**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.

# OCTOBER 2022

Volume 2

**CELEBRATE APPLE  
CRUNCH DAY BY  
PICKING APPLES AND  
SUPPORTING LOCAL  
PRODUCE ON  
OCTOBER 14**

## PRAYER CORNER

Lord, we thank You for the coming of harvest, a time of celebration for the blessings of food and crops. may You keep us safe and warm as the days get colder. AMEN..

## WELLNESS CORNER

NDS is also excited to celebrate Healthy halloween celebrations by focusing on our special harvest of the month... **APPLES**

With fall being the perfect month to explore locally grown fruits, NDS encourages you to try apple picking at your nearby farm!

## DEAR PARENTS, CAREGIVERS, AND STUDENTS,



With National school lunch week around the corner, NDS is excited to celebrate the healthy and nutritious meals fueling students. we encourage students to celebrate by trying new nutritious foods and share their favorite lunch meals from the school year!



**TRY SOME HEALTHY  
HALLOWEEN TREATS  
LIKE TANGERINE  
PUMPKINS!**