



December 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>5 293 Popcorn Parmesan Chicken with Green Beans 620 Salsa 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops</p>	<p>6 295 Meatloaf with Mashed Potatoes 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 690 Apple Crisps 908 Dinner Rolls 992 Oatmeal Cookie</p>	<p>7 256 Cheese Stuffed Breadsticks OR 242 Chicken, Turkey Ham & Cheese Wedge 622 Marinara Sauce 632 Wango Mango Vegetable Juice 609 Dole Mixed Fruit Cup 670 Fresh Fruit</p>	<p>8 290 Spanish Rice & Beans with Plantains 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 659 Watermelon Craisins 446 Mott's Apple Juice 903 Maple Biscuit</p>	<p>9 202 Cheeseburger with Bun OR 237 Turkey Salami & Cheese Sandwich 708 Romaine Salad with Spinach & Chickpeas 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 990 Chocolate Chip Cookie</p>
<p>12 273 Swedish Meatballs with Noodles & Broccoli 118 String Cheese 631 Cherry Star Vegetable Juice 670 Fresh Fruit 691 Strawberry Apple Crisps 908 Dinner Roll 936 Vanilla Bear Grahams</p>	<p>13 281 Popcorn Chicken with Roasted Potatoes 611 Bagged Baby Carrots 445 Mott's Fruit Punch Juice 670 Fresh Fruit 928 Goldfish Pretzels</p>	<p>14 215 Taco Stick OR 228 Turkey Ham & Cheese Sub 620 Salsa 630 Dragon Punch Vegetable Juice 699 Pineapple Fruit Fruit 608 Dole Tropical Fruit Cup 941 Tostito Scoops</p>	<p>15 264 4x6 Cheese Pizza OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 706 Romaine Salad with Cherry Tomatoes 541 Chocolate Hummus 446 Mott's Apple Juice 684 Mixed Berry Applesauce</p>	<p>16 277 Chicken Fajita Bowl with Rice, Black Beans & Tomatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins 932 Cinnamon Scooby Snacks</p>
<p>19 283 Chicken Tenders with Corn 632 Wango Mango Vegetable Juice 685 Roasati Water Ice 670 Fresh Fruit 993 Holiday Cookie</p>	<p>20 297 Chicken & Vegetable Dumplings with Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 690 Apple Crisps 908 Dinner Roll 932 Cinnamon Scooby Snacks</p>	<p>21 268 French Bread Pizza 611 Bagged Baby Carrots 541 Chocolate Hummus 647 Dole Mandarin Orange Cup 446 Mott's Apple Juice</p>	<p>22 202 Cheeseburger with Bun 604 Baked Beans 620 Salsa 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops</p>	<p>23 284 Chicken Alfredo with Penne Pasta & Broccoli 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 684 Mixed Berry Applesauce 908 Dinner Roll</p>
<p>26</p>	<p>27</p>	Happy Holidays!		<p>30</p>
<p>2 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 630 Dragon Punch Vegetable Juice 609 Dole Mixed Fruit Cup 670 Fresh Fruit 928 Goldfish Pretzels</p>	<p>3 215 Taco Stick OR 228 Turkey Ham & Cheese Sub 620 Salsa 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 670 Fresh Fruit 941 Tostitos Scoops</p>	<p>4 276 Chicken Teriyaki with Rice & Carrots 540 Garlic Hummus 685 Rosati Water Ice 670 Fresh Fruit 932 Cinnamon Scooby Snacks</p>	<p>5 288 Mac & Cheese with Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 908 Dinner Roll</p>	<p>6 290 Spanish Rice & Beans with Plantains 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 691 Strawberry Apple Crisps 445 Mott's Fruit Punch Juice 993 Holiday Cookie</p>