



January 2023





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, 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
9 283 Chicken Fingers with Corn OR 281 Popcorn Chicken with Roasted Potatoes 620 Salsa 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	10 291 Caribbean Pineapple Chicken with Rice & Carrots OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 611 Bagged Baby Carrots 659 Watermelon Craisins 670 Fresh Fruit 928 Goldfish Pretzels	11 279 Chicken Mole with Rice & Green Peas OR 286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables 631 Cherry Star Vegetable Juice 649 Dole Orange Gello Bowl 690 Apple Crisps 909 Dinner Roll	12 280 Hamburger with Green Beans OR 295 Meatloaf with Mashed Potatoes 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 915 Hamburger Bun	13 268 French Bread Pizza OR 264 4x6 Cheese Pizza OR 706 Romaine Salad with Cherry Tomatoes 446 Mott's Apple Juice 670 Fresh Fruit
16 Martin Luther King Jr. Day	17 225 Ciabatta Cheese Melt OR 253 Cheese Stuffed Breadsticks OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 622 Marinara Sauce 611 Bagged Baby Carrots 691 Strawberry Apple Crisps 670 Fresh Fruit	18 285 Chicken Strips with Green Beans 630 Dragon Punch Vegetable Juice 541 Chocolate Hummus 446 Mott's Apple Juice 657 Strawberry Craisins 932 Scooby Snacks 901 Honey Biscuit	19 215 Taco Stick OR 252 Hot Dog with Bun OR 228 Turkey Ham & Cheese Sub 620 Salsa 633 Sunset Sip Vegetable Juice 608 Dole Tropical Fruit Cup 445 Mott's Fruit Punch Juice 941 Tostito Scoops	20 263 Round Cheese Pizza OR 268 French Bread Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 695 Strawberry-Mango Sidekick 992 Oatmeal Cookie
23 273 Swedish Meatballs with Noodles & Broccoli & 118 String Cheese OR 288 Mac & Cheese with Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 656 Craisins 909 Dinner Roll	24 281 Popcorn Chicken with Roasted Potatoes OR 283 Chicken Fingers with Corn 611 Bagged Baby Carrots 446 Mott's Apple Juice 690 Apple Crisps 928 Goldfish Pretzels	25 286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables OR 284 Chicken Alfredo with Penne Pasta & Broccoli 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 909 Dinner Roll	26 264 4x6 Cheese Pizza OR 263 Round Cheese Pizza OR 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit 992 Oatmeal Cookie	27 277 Chicken Fajita Bowl with Rice, Black Beans & Tomatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 644 Dole Pear Cup 903 Maple Biscuit
30 298 Turkey Chili with Italian Vegetables OR 293 Parmesan Chicken with Green Beans 620 Salsa 446 Mott's Apple Juice 670 Fresh Fruit 941 Tostito Scoops 932 Cinnamon Scooby Snacks	31 295 Meatloaf with Mashed Potatoes OR 280 Hamburger with Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 915 Hamburger Bun	1 256 Cheese Stuffed Breadsticks & 622 Marinara Sauce OR 268 French Bread Pizza 632 Wango Mango Vegetable Juice 648 Dole Strawberry Gello Bowl 445 Mott's Fruit Punch Juice	2 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes & 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 659 Watermelon Craisins 670 Fresh Fruit 909 Dinner Roll	3 202 Cheeseburger with Bun OR 226 Philly Cheesesteak Pinwheel OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 631 Cherry Star Vegetable Juice 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 691 Strawberry Apple Crisps 990 Chocolate Chip Cookie