



February 2023



High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 283 Chicken Tenders with Corn OR 281 Popcorn Chicken with Roasted Potatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 685 Rosati Water Ice 932 Cinnamon Scooby Snacks</p>	<p>7 297 Chicken & Vegetable Dumplings with Green Beans OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 630 Dragon Punch Vegetable Juice 690 Apple Crisps 670 Fresh Fruit 908 Dinner Roll</p>	<p>8 263 5" Round Cheese Pizza OR 268 French Bread Pizza 611 Bagged Baby Carrots 541 Chocolate Hummus 446 Mott's Apple Juice 647 Dole Mandarin Oranges</p>	<p>9 202 Cheeseburger on a Bun OR 221 Two Cheese Chicken Quesadilla 604 Baked Beans 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostito Scoops 620 Salsa</p>	<p>10 284 Chicken Alfredo with Penne Pasta & Broccoli OR 273 Swedish Meatballs with Noodles & Broccoli 631 Cherry Star Vegetable Juice 684 Mixed Berry Applesauce 659 Watermelon Craisins 9990 Chocolate Chip Cookie</p>
<p>13 281 Caribbean Chicken with Pineapple, Rice & Carrots OR 286 Penne Pasta with Meat Sauce & Vegetable Blend 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 609 Dole Mixed Fruit Cup 903 Maple Biscuit</p>	<p>14 215 Taco Stick & 620 Salsa OR 253 Cheese Stuffed Breadsticks & 622 Marinara Sauce OR 242 Chicken, Turkey Ham & Cheese Wedge & 620 Salsa 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins 941 Tostito Scoops</p>	<p>15 298 Turkey Chili with Italian Vegetables OR 295 Meatloaf with Mashed Potatoes 631 Cherry Star Vegetable Juice 670 Fresh Fruit 685 Rosati Water Ice 993 Holiday Cookie</p>	<p>16 288 Mac & Cheese with Broccoli OR 284 Chicken Alfredo with Penne Pasta & Broccoli 540 Garlic Hummus 684 Mixed Berry Applesauce 670 Fresh Fruit 993 Holiday Cookie</p>	<p>17 264 4x6 Cheese Pizza OR 268 French Bread Pizza 708 Romaine Salad with Spinach & Chickpeas 691 Strawberry Apple Crisps 445 Mott's Fruit Punch Juice 992 Oatmeal Cookie</p>
<p>20 283 Chicken Tenders with Corn OR 281 Popcorn Chicken with Roasted Potatoes 620 Salsa 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostito Scoops</p>	<p>21 273 Swedish Meatballs with Noodles & Broccoli OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 611 Bagged Baby Carrots 659 Watermelon Craisins 670 Fresh Fruit 928 Goldfish Pretzels</p>	<p>22 274 Toasted Cheese Sandwich OR 218 Mozzarella Pinwheel 622 Marinara Sauce 631 Cherry Star Vegetable Juice 649 Dole Orange Gello Bowl 690 Apple Crisps 909 Dinner Roll</p>	<p>23 280 Hamburger with Green Beans OR 295 Meatloaf with Gravy & Mashed Potatoes 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 915 Hamburger Bun</p>	<p>24 268 French Bread Pizza OR 264 4x6 Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 446 Mott's Apple Juice 670 Fresh Fruit</p>
<p>27 293 Chicken Parmesan with Green Beans & 915 Hamburger Bun OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes & 992 Oatmeal Cookie 632 Wango Mango Vegetable Juice 670 Fresh Fruit 659 Watermelon Craisins</p>	<p>28 225 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</p>	<p>1 281 Popcorn Chicken with Roasted Potatoes & 932 Cinnamon Scooby Snacks OR 280 Hamburger with Green Beans & 915 Hamburger Bun 630 Dragon Punch Vegetable Juice 541 Chocolate Hummus 446 Mott's Apple Juice 657 Strawberry Craisins 932 Scooby Snacks</p>	<p>2 215 Taco Stick OR 252 Hot Dog with Bun OR 228 Turkey Ham & Cheese Sub 633 Sunset Sip Vegetable Juice 445 Mott's Fruit Punch Juice 608 Dole Tropical Fruit Cup 941 Tostito Scoops 620 Salsa</p>	<p>3 263 5" Round Cheese Pizza OR 268 French Bread Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 695 Strawberry-Mango Sidekick</p>

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
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SchoolMealsNDS

NDSSchoolLunchProgram

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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.