



March 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
6 298 Turkey Chili with Italian Vegetables OR 293 Parmesan Popcorn Chicken with Green Beans 620 Salsa 446 Mott's Apple Juice 676 Fresh Fruit 941 Tostito Scoops 932 Cinnamon Scooby Snacks	7 295 Meatloaf with Mashed Potatoes OR 280 Hamburger with Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 901 Honey Biscuit	8 202 Cheeseburger with Bun OR 226 Philly Cheesesteak Pinwheel 708 Romaine Salad with Spinach & Chickpeas 703 Roasted Potatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 691 Strawberry Apple Crisps 990 Chocolate Chip Cookie	9 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 659 Watermelon Craisins 670 Fresh Fruit 909 Dinner Roll	10 256 Cheese Stuffed Breadsticks & 622 Marinara Sauce OR 268 French Bread Pizza OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 632 Wango Mango Vegetable Juice 709 Romaine Salad with Spinach & Chickpeas 648 Dole Strawberry Gello Bowl 445 Mott's Fruit Punch Juice
13 273 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	14 281 Popcorn Chicken with Roasted Potatoes OR 283 Chicken Tenders with Corn 611 Bagged Baby Carrots 446 Mott's Apple Juice 690 Apple Crisps 928 Goldfish Pretzels	15 286 Penne Pasta with Meat Sauce & Italian Veggies OR 284 Chicken Alfredo with Penne Pasta & Broccoli 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 909 Dinner Roll	16 277 Chicken Fajita Bowl with Rice, Black Beans & Tomatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 686 Rosati Water Ice 903 Maple Biscuit	17 264 4x6 Cheese Pizza OR 263 5" Round Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 670 Fresh Fruit 993 Holiday Cookie
20 283 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	21 297 Chicken & Vegetable Dumplings with Green Beans & 134 Cherry Vanilla Yogurt OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 630 Dragon Punch Vegetable Juice 690 Apple Crisps 670 Fresh Fruit 909 Dinner Roll	22 284 Chicken Alfredo with Penne Pasta & Broccoli OR 273 Swedish Meatballs with Noodle & Broccoli & 118 String Cheese 631 Cherry Star Vegetable Juice 684 Mixed Berry Applesauce 659 Watermelon Craisins 990 Chocolate Chip Cookie	23 202 Cheeseburger with Bun OR 221 Two Cheese Chicken Quesadilla 604 Baked Beans 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostito Scoops 620 Salsa	24 268 French Bread Pizza OR 263 5" Round Cheese Pizza 611 Bagged Baby Carrots 541 Chocolate Hummus 446 Mott's Apple Juice 647 Dole Mandarin Orange Cup
27 281 BBQ Popcorn Chicken with Sweet Mashed Potatoes OR 286 Penne Pasta with Meat Sauce & Italian Vegetables 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 609 Dole Mixed Fruit Cup 903 Maple Biscuit	28 215 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	29 298 Turkey Chili with Italian Vegetables OR 295 Meatloaf with Gravy & Mashed Potatoes 631 Cherry Star Vegetable Juice 670 Fresh Fruit 685 Rosati Water Ice 993 Holiday Cookie 909 Dinner Roll	30 288 Mac & Cheese with Broccoli OR 284 Chicken Alfredo with Penne Pasta & Broccoli 540 Garlic Hummus 611 Bagged Baby Carrots 684 Mixed Berry Applesauce 670 Fresh Fruit 942 Sunchips	31 264 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