



# April 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](http://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
<p><b>3</b>            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><b>4</b>            273 Swedish Meatballs &amp; 118 String Cheese            OR            282 BBQ Popcorn Chicken with Sweet Mashed Potatoes            611 Bagged Baby Carrots            659 Watermelon Craisins            688 Applesauce            928 Goldfish Pretzels</p>	<p><b>5</b>            274 Toasted Cheese Sandwich            OR            218 Mozzarella Pinwheel            622 Marinara Sauce            631 Cherry Star Vegetable Juice            649 Dole Orange Gello Bowl            657 Strawberry Craisins</p>	<p><b>6</b>    <b>Holy Thursday</b></p>	<p><b>7</b>    <b>Good Friday</b></p>
<p><b>10</b>            284 Chicken Alfredo with Penne &amp; Broccoli            OR            282 BBQ Popcorn Chicken with Sweet Mashed Potatoes            630 Dragon Punch Vegetable Juice            658 Cherry Craisins            608 Dole Tropical Fruit Cup            901 Honey Biscuit</p>	<p><b>11</b>            225 Ciabatta Cheese Melt            OR            256 Cheese Stuffed Breadsticks            OR            227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sandwich            622 Marinara Sauce            633 Sunset Sip Vegetable Juice            691 Strawberry Apple Crisps            445 Mott's Fruit Punch Juice</p>	<p><b>12</b>            280 Hamburger with Green Beans &amp; 915 Hamburger Bun            OR            281 Popcorn Chicken with Roasted Potatoes            541 Chocolate Hummus            632 Wango Mango Vegetable Juice            446 Mott's Apple Juice            684 Mixed Berry Applesauce            993 Holiday Cookie</p>	<p><b>13</b>            215 Taco Stick OR            252 Hot Dog with Bun OR            228 Turkey Ham &amp; Cheese Sub            611 Bagged Baby Carrots            620 Salsa            670 Fresh Fruit            690 Apple Crisps            941 Tostito Scoops</p>	<p><b>14</b>            263 5" Round Cheese Pizza            OR            268 French Bread Pizza            708 Romaine Salad with Spinach &amp; Chickpeas            670 Fresh Fruit            445 Mott's Fruit Punch Juice            992 Oatmeal Cookie</p>
<p><b>17</b>            298 Turkey Chili with Italian Vegetables            OR            293 Parmesan Popcorn Chicken with Green Beans            620 Salsa            445 Mott's Fruit Punch Juice            657 Strawberry Craisins            941 Tostito Scoops            909 Dinner Roll</p>	<p><b>18</b>            295 Meatloaf with Gravy &amp; Mashed Potatoes            OR            280 Hamburger with Green Beans            630 Dragon Punch Vegetable Juice            670 Fresh Fruit            608 Dole Tropical Fruit Cup            915 Hamburger Bun</p>	<p><b>19</b>            202 Cheeseburger with Bun            OR            226 Philly Cheesesteak Pinwheel            OR            228 Turkey Ham &amp; Cheese Sub            703 Roasted Potatoes            632 Wango Mango Vegetable Juice            670 Fresh Fruit            446 Mott's Apple Juice</p>	<p><b>20</b>            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</p>	<p><b>21</b>            268 French Bread Pizza OR            256 Cheese Stuffed Breadsticks OR            227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sandwich            622 Marinara            708 Romaine Salad with Spinach &amp; Chickpeas            648 Dole Strawberry Gello Bowl            670 Fresh Fruit</p>
<p><b>24</b>            273 Swedish Meatballs with Noodles &amp; Broccoli &amp; 118 String Cheese            OR            288 Mac &amp; Cheese with Broccoli            631 Cherry Star Vegetable Juice            670 Fresh Fruit            656 Craisins            909 Dinner Roll</p>	<p><b>25</b>            281 Popcorn Chicken with Roasted Potatoes            OR            283 Chicken Tenders with Corn            611 Bagged Baby Carrots            446 Mott's Apple Juice            690 Apple Crisps</p>	<p><b>26</b>            286 Penne Pasta with Meat Sauce &amp; Italian Vegetables            OR            284 Chicken Alfredo with Penne Pasta &amp; Broccoli            630 Dragon Punch Vegetable Juice            684 Mixed Berry Applesauce            670 Fresh Fruit            903 Maple Biscuits</p>	<p><b>27</b>            277 Chicken Fajita Bowl with Black Beans &amp; Tomatoes            632 Wango Mango Vegetable Juice            670 Fresh Fruit            646 Dole Peach Cup            932 Cinnamon Scooby Snacks</p>	<p><b>28</b>            264 4x6 Cheese Pizza            OR            263 5" Round Cheese Pizza            706 Romaine Salad with Cherry Tomatoes            445 Mott's Fruit Punch Juice            659 Watermelon Craisins            992 Oatmeal Cookie</p>