



MAY 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
<p>1 283 Chicken Tenders with Corn OR 281 Popcorn Chicken with Roasted Potatoes 611 Bagged Baby Carrots 541 Chocolate Hummus 445 Mott's Fruit Punch Juice 657 Strawberry Craisins 932 Cinnamon Scooby Snacks</p> <p>8 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes OR 286 Penne Pasta with Meat Sauce & Italian Vegetables 630 Dragon Punch Vegetable Juice 609 Dole Mixed Fruit Cup 670 Fresh Fruit 903 Maple Biscuit</p> <p>15 283 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>22 293 Chicken Parmesan with Green Beans OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 909 Dinner Roll</p> <p>29 Memorial Day</p>	<p>2 297 Chicken & Vegetable Dumplings with Green Beans & 136 Vanilla Yogurt OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 990 Chocolate Chip Cookie</p> <p>9 215 Taco Stick & 620 Salsa OR 256 Cheese Stuffed Breadsticks & 622 Marinara Sauce OR 242 Chicken, Turkey Ham & Cheese Wedge & 620 Salsa 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 446 Mott's Apple Juice</p> <p>16 273 Swedish Meatballs with Noodles & Broccoli OR 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 611 Bagged Baby Carrots 659 Watermelon Craisins 446 Mott's Apple Juice 928 Goldfish Pretzels</p> <p>23 225 Ciabatta Cheese Melt OR 256 Cheese Stuffed Breadsticks OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 622 Marinara Sauce 611 Bagged Baby Carrots 691 Strawberry Apple Crisps 445 Mott's Fruit Punch Juice</p> <p>30 295 Meatloaf with Gravy & Mashed Potatoes OR 280 Hamburger with Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 915 Hamburger Bun</p>	<p>3 268 French Bread Pizza OR 263 5" Round Cheese Pizza OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 611 Bagged Baby Carrots 620 Salsa 647 Dole Mandarin Orange Cup 690 Apple Crisps 941 Tostitos Scoops</p> <p>10 298 Turkey Chili with Italian Vegetables OR 295 Meatloaf with Gravy & Mashed Potatoes 611 Bagged Baby Carrots 694 Kiwi & Strawberry Sidekick 670 Fresh Fruit 901 Honey Ciscuit</p> <p>17 274 Toasted Cheese Sandwich OR 218 Mozzarella Pinwheel OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 622 Marinara Sauce 631 Cherry Star Vegetable Juice 649 Dole Orange Gello Bowl 670 Fresh Fruit</p> <p>24 280 Hamburger with Green Beans & 915 Hamburger Bun OR 281 Popcorn Chicken with Roasted Potatoes & 932 Cinnamon Scooby Snacks 541 Chocolate Hummus 631 Cherry Star Vegetable Juice 446 Mott's Apple Juice 657 Strawberry Craisins</p> <p>31 202 Cheeseburger on a Bun OR 226 Philly Cheesesteak Pinwheel 703 Roasted Potatoes 632 Wango Mango Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins 990 Chocolate Chip Cookie</p>	<p>4 202 Cheeseburger on a Bun OR 221 Two Cheese Chicken Quesadilla 604 Baked Beans 632 Wango Mango Vegetable Juice 446 Mott's Apple Juice 670 Fresh Fruit</p> <p>11 288 Mac & Cheese with Broccoli OR 284 Chicken Alfredo with Penne Pasta & Broccoli 540 Garlic Hummus 631 Cherry Star Vegetable Juice 670 Fresh Fruit 691 Strawberry Apple Crisps 942 Sunchips</p> <p>18 280 Hamburger with Green Beans OR 295 Meatloaf with Gravy & Mashed Potatoes 630 Dragon Punch Vegetable Juice 690 Apple Crisps 684 Mixed Berry Applesauce 915 Hamburger Bun</p> <p>25 215 Taco Stick OR 252 Hot Dog with Bun OR 228 Turkey Ham & Cheese Sub 620 Salsa 633 Sunset Sip Vegetable Juice 686 Rosati Water Ice 670 Fresh Fruit 941 Tostitos Scoops</p> <p>1 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes OR 284 Chicken Alfredo with Penne Pasta & Broccoli 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 659 Watermelon Craisins 670 Fresh Fruit 909 Dinner Roll</p>	<p>5 284 Chicken Alfredo with Penne Pasta & Broccoli OR 273 Swedish Meatballs with Noodles & Broccoli & 118 String Cheese 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 909 Dinner Roll</p> <p>12 264 4x6 Cheese Pizza OR 268 French Bread Pizza OR 228 Turkey Ham & Cheese Sub 708 Romaine Salad with Spinach & Chickpeas 659 Watermelon Craisins 445 Mott's Fruit Punch Juice</p> <p>19 268 French Bread Pizza OR 264 4x6 Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 446 Mott's Apple Juice 670 Fresh Fruit</p> <p>26 263 5" Round Cheese Pizza OR 268 French Bread Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 608 Dole Tropical Fruit Cup 992 Oatmeal Cookie</p> <p>2 256 Cheese Stuffed Breadsticks & 622 Marinara Sauce OR 268 French Bread Pizza 708 Romaine Salad with Spinach & Chickpeas 648 Dole Strawberry Gello Bowl 608 Dole Tropical Fruit Cup</p>