

# High School Hot Lunch

## October 2023



Nutritional Development Services—Archdiocese of Philadelphia  
222 N 17th St, Philadelphia, PA 19103  
215-895-3470, option 1

[f](#) NDSSchoolLunchProgram [i](#) SchoolMealsNDS

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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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>288 Mac &amp; Cheese with Broccoli V OR 291 Caribbean Pineapple Chicken with Rice &amp; Carrots 630 Dragon Punch Vegetable Juice 694 Kiwi Strawberry Sidekick 670 Fresh fruit 903 Maple Biscuit</p>	<p>3</p> <p>215 Taco Stick OR 221 Two Cheese Chicken Quesadilla OR 236 Turkey &amp; Two Cheese Wedge 620 Salsa 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 941 Tostitos Scoops</p>	<p>4</p> <p>200 Hamburger OR 201 Cheeseburger 704 Baked Beans 632 Wango Mango Vegetable Juice 445 Mott's Fruit Punch Juice 690 Apple Crisps 928 Goldfish Pretzels</p>	<p>5</p> <p>268 French Bread Pizza V OR 264 4x6 Cheese Pizza V OR 242 Chicken, Turkey Ham &amp; Cheese Wedge 706 Romaine Salad with Cherry Tomatoes 542 Harvest Pumpkin Hummus 697 Bagged Sliced Apples OR 682 Banana 657 Strawberry Craisins 942 Sunchips</p>	<p>6</p> <p>283 Chicken Tenders with Corn OR 284 Chicken Alfredo with Penne Pasta &amp; Broccoli 611 Bagged Baby Carrots 651 Dole Mango Pineapple Smoothie NEW 670 Fresh Fruit 909 Dinner Roll</p>
<p>9</p> <p>274 Toasted Cheese Sandwich V OR 217 Spicy Grilled Cheese V OR 227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 649 Orange Gello Bowl 690 Apple Crisps</p>	<p>10</p> <p>295 Meatloaf with Gravy &amp; Mashed Potatoes OR 273 Swedish Meatballs with Broccoli &amp; 118 String Cheese 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins 901 Honey Biscuit</p>	<p>11</p> <p>282 BBQ Chicken with Sweet Mashed Potatoes OR 286 Penne Pasta with Meat Sauce &amp; Italian Vegetable Blend 631 Cherry Star Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 990 Chocolate Chip Cookie</p>	<p>12</p> <p>271 Cheeseburger Calzone NEW OR 235 Waffle &amp; Cheese Sandwich 715 Mexican Street Corn NEW 545 Cranberry Orange Hummus 657 Strawberry Craisins 446 Mott's Apple Juice</p>	<p>13</p> <p>264 4x6 Cheese Pizza V OR 268 French Bread Pizza V 708 Romaine Salad with Spinach &amp; Chickpeas 620 Salsa 445 Mott's Fruit Punch Juice 645 Dole Pineapple Cup OR 682 Banana 941 Tostitos Scoops</p>
<p>16</p> <p>281 Popcorn Chicken with Roasted Potatoes OR 218 Turkey Pepperoni Pinwheel 715 Mexican Street Corn NEW 611 Bagged Baby Carrots 446 Mott's Apple Juice 650 Dole Strawberry Banana Smoothie NEW 932 Cinnamon Scooby Snacks</p>	<p>17</p> <p>273 Swedish Meatballs with Noodles &amp; Broccoli &amp; 118 String Cheese OR 221 Two Cheese Chicken Quesadilla OR 236 Turkey &amp; Two Cheese Wedge 620 Salsa 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 644 Dole Pear Cup 941 Tostitos Scoops</p>	<p>18</p> <p>284 Chicken Alfredo with Penne Pasta &amp; Broccoli OR 288 Mac &amp; Cheese with Broccoli V 631 Cherry Star Vegetable Juice 656 Craisins 684 Mixed Berry Applesauce 909 Dinner Rolls</p>	<p>19</p> <p>268 French Bread Pizza V OR 264 4x6 Cheese Pizza V 708 Romaine Salad with Spinach &amp; Chickpeas 445 Mott's Fruit Punch Juice 658 Cherry Craisins</p>	<p>20</p> <p>200 Hamburger OR 201 Cheeseburger OR 227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 621 Celery 670 Fresh Fruit OR 682 Banana 446 Mott's Apple Juice</p>
<p>23</p> <p>298 Turkey Chili with Italian Vegetables OR 295 Meatloaf with Gravy &amp; Mashed Potatoes 633 Sunset Sip Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 901 Honey Biscuit</p>	<p>24</p> <p>225 Ciabatta Cheese Melt OR 216 Spicy Grilled Cheese 716 Roasted Sweet Potatoes NEW 670 Fresh Fruit OR 682 Banana 446 Mott's Apple Juice</p>	<p>25</p> <p>282 BBQ Popcorn Chicken with Sweet Mashed Potatoes OR 281 Popcorn Chicken with Roasted Potatoes 621 Celery 445 Mott's Fruit Punch Juice 691 Strawberry Apple Crisps</p>	<p>26</p> <p>200 Hamburger OR 235 Waffle &amp; Cheese Sandwich 704 Baked Beans 631 Cherry Star Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit</p>	<p>27</p> <p>255 Pizza Boli OR 270 Turkey Pepperoni Calzone 708 Romaine Salad with Spinach &amp; Chickpeas 541 Chocolate Brownie Hummus 670 Fresh Fruit 446 Mott's Apple Juice 932 Cinnamon Scooby Snacks</p>

**PLEASE READ CAREFULLY.** Parents are strongly advised to review the menu completely to ensure that each of the food items are 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.