

# High School Hot Lunch- November 2023

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



NDS School Lunch Program



School Meals NDS



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p><b>223 Veggie Pinwheel OR</b>  <b>219 Turkey Pepperoni Pinwheel OR</b>  <b>236 Turkey &amp; Two Cheese Wedge</b>                      611 Bagged Baby Carrots                      546 Cheesy Pizza Hummus                      621 Celery                      686 Chilin Bat Rosati Water Ice                      649 Dole Orange Gello Cup                      993 Pumpkin Cookie</p>	<p>31</p> <p><b>273 Swedish Meatballs with Noodles &amp; Broccoli &amp; 118 String Cheese OR</b>  <b>288 Mac &amp; Cheese with Broccoli</b>                      630 Dragon Punch Vegetable Juice                      609 Dole Mixed Fruit Cup                      670 Fresh Fruit                      909 Dinner Roll</p>	<p>1</p> <p><b>283 Chicken Tenders with Corn OR</b>  <b>271 Cheeseburger Calzone</b>                      611 Bagged Baby Carrots                      631 Cherry Star Vegetable Juice                      670 Fresh Fruit                      684 Mixed Berry Applesauce                      990 Chocolate Chip Cookies</p> <p><b>All Saints Day</b></p>	<p>2</p> <p><b>268 French Bread Pizza OR</b>  <b>263 5" Round Cheese Pizza</b>                      708 Romaine Salad with Spinach &amp; Chickpeas                      445 Mott's Fruit Punch Juice                      658 Cherry Craisins                      670 Fresh Fruit OR 682 Banana                      446 Mott's Apple Juice</p>	<p>3</p> <p><b>215 Taco Stick OR</b>  <b>221 Two Cheese Chicken Quesadilla OR</b>  <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b>                      620 Salsa                      633 Sunset Sip Vegetable Juice                      445 Mott's Fruit Punch Juice                      658 Cherry Craisins                      941 Tostitos Scoops</p>
<p>6</p> <p><b>280 Hamburger with Green Beans OR</b>  <b>295 Meatloaf with Gravy &amp; Mashed Potatoes</b>                      630 Dragon Punch Vegetable Juice                      658 Cherry Craisins                      684 Mixed Berry Applesauce                      915 Hamburger Bun</p>	<p>7</p> <p><b>286 Penne Pasta with Meat Sauce &amp; Italian Vegetable Blend OR</b>  <b>282 BBQ Popcorn Chicken with Sweet Mashed Potatoes</b>                      632 Wango Mango Vegetable Juice                      648 Strawberry Gello Cup                      446 Mott's Apple Juice                      901 Honey Biscuit</p> <p><b>Election Day</b></p>	<p>8</p> <p><b>225 Ciabatta Cheese Melt OR</b>  <b>235 Waffle &amp; Cheese Sandwich OR</b>  <b>622 Marinara</b>                      621 Celery                      670 Fresh Fruit                      691 Strawberry Apple Crisps</p>	<p>9</p> <p><b>205 Popcorn Chicken &amp; 623 Tater Tots OR</b>  <b>210 Cheese Stuffed Breadsticks &amp; 622 Marinara Sauce</b>                      631 Cherry Star Vegetable Juice                      445 Mott's Fruit Punch Juice                      670 Fresh Fruit OR 682 Bananas                      992 Oatmeal Cookie</p>	<p>10</p> <p><b>255 Pizza Boli OR</b>  <b>268 French Bread Pizza OR</b>  <b>228 Turkey Ham &amp; Cheese Sub</b>                      708 Romaine Salad with Spinach &amp; Chickpeas                      541 Chocolate Brownie Humus                      670 Fresh Fruit                      685 American Hero Rosati Water Ice                      932 Cinnamon Scooby Snacks</p> <p><b>Veteran's Day</b></p>
<p>13</p> <p><b>288 Mac &amp; Cheese with Broccoli OR</b>  <b>291 Caribbean Pineapple Chicken with Rice &amp; Carrots</b>                      630 Dragon Punch Vegetable Juice                      694 Kiwi Strawberry Sidekick                      670 Fresh Fruit                      903 Maple Biscuit</p>	<p>14</p> <p><b>216 Spicy Taco Stick OR</b>  <b>215 Taco Stick OR</b>  <b>236 Turkey &amp; Two Cheese Wedge</b>                      620 Salsa                      633 Sunset Sip Vegetable Juice                      670 Fresh Fruit                      684 Mixed Berry Applesauce                      941 Tostitos Scoops</p>	<p>15</p> <p><b>204 Chicken Nuggets &amp; 603 Baked Beans OR</b>  <b>206 French Toast with Sausage &amp; 623 Tater Tots</b>                      632 Wango Mango Vegetable Juice                      445 Mott's Fruit Punch Juice                      690 Apple Crisps                      928 Goldfish Pretzels</p>	<p>16</p> <p><b>268 French Bread Pizza OR</b>  <b>264 4x6 Cheese Pizza OR</b>  <b>242 Chicken, Turkey Ham &amp; Cheese Wedge</b>                      706 Romaine Salad with Cherry Tomatoes                      542 Harvest Pumpkin Hummus                      697 Bagged Sliced Apples OR 682 Bananas                      657 Craisins                      942 Sunchips</p> <p><b>NSLP Mid Year Training</b></p>	<p>17</p> <p><b>283 Chicken Tenders with Corn OR</b>  <b>284 Chicken Alfredo with Penne Pasta &amp; Broccoli</b>                      611 Bagged Baby Carrots                      651 Dole Mango Pineapple Smoothie                      670 Fresh Fruit                      909 Dinner Roll</p>
<p>20</p> <p><b>274 Toasted Cheese Sandwich OR</b>  <b>217 Spicy Grilled Cheese OR</b>  <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b>                      611 Bagged Baby Carrots                      633 Sunset Sip Vegetable Juice                      690 Apple Crisps                      649 Orange Gello Cup</p>	<p>21</p> <p><b>295 Meatloaf with Gravy &amp; Mashed Potatoes OR</b>  <b>273 Swedish Meatballs with Noodles &amp; Broccoli &amp; 118 String Cheese</b>                      630 Dragon Punch Vegetable Juice                      670 Fresh Fruit                      657 Strawberry Craisins                      901 Biscuits</p>	<p>22</p> <p><b>203 Mini Pepperoni Calzone &amp; 623 Tater Tots OR</b>  <b>207 Cheese Ravioli &amp; 624 Green Beans</b>                      632 Wango Mango Vegetable Juice                      670 Fresh Fruit                      445 Mott's Fruit Punch Juice                      990 Chocolate Chip Cookie</p>	<p>23</p> <p><b>Happy Thanksgiving</b></p>	<p>24</p> <p><b>Happy Thanksgiving</b></p>
<p>27</p> <p><b>281 Popcorn Chicken with Roasted Potatoes OR</b>  <b>283 Chicken Tenders with Corn</b>                      630 Dragon Punch Vegetable Juice                      650 Dole Strawberry Banana Smoothie                      446 Mott's Apple Juice                      932 Cinnamon Scooby Snacks</p>	<p>28</p> <p><b>208 Mini Corn Dogs &amp; 623 Tater Tots OR</b>  <b>209 Taco Meat with Corn</b>                      620 Salsa                      644 Dole Pear Cup                      684 Mixed Berry Applesauce                      941 Tostitos Scoops</p>	<p>29</p> <p><b>284 Chicken Alfredo with Penne Pasta &amp; Broccoli OR</b>  <b>288 Mac &amp; Cheese with Broccoli</b>                      631 Cherry Star Vegetable Juice                      695 Strawberry &amp; Mango Sidekick                      658 Cherry Craisins                      909 Dinner Roll</p>	<p>30</p> <p><b>268 French Bread Pizza OR</b>  <b>264 4x6 Cheese Pizza OR</b>  <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Wedge</b>                      708 Romaine Salad with Spinach &amp; Chickpeas                      611 Bagged Baby Carrots                      446 Mott's Apple Juice                      670 Fresh Fruit OR 682 Banana</p>	<p>1</p> <p><b>200 Hamburger OR</b>  <b>201 Cheeseburger</b>                      603 Baked Beans                      621 Celery                      670 Fresh Fruit OR 682 Banana                      445 Mott's Fruit Punch Juice</p>

**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.

**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.