

High School Hot Lunch

February 2024



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



NDSSchoolLunchProgram



SchoolMealsNDS

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PA Harvest of the Month for February: **Mushrooms!**



February is American Heart Month- Take time this month to learn about the importance of a healthy heart and actions you can take to live a heart healthy life.



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
5	6	7	8	9
281 Popcorn Chicken with Roasted Potatoes OR 203 Mini Pepperoni Calzones & 623 Tater Tots 611 Bagged Baby Carrots 670 Fresh Fruit 445 Mott's Fruit Punch Juice 929 Chocolate Dino Bites NEW	284 Chicken Alfredo with Penne Pasta & Broccoli & 909 Dinner Roll OR 210 Cheese Stuffed Breadsticks & 622 Marinara 630 Dragon Punch Vegetable Juice 650 Dole Strawberry Banana Smoothie 670 Fresh Fruit	215 Taco Stick OR 216 Spicy Taco Stick OR 228 Turkey Ham & Cheese Sub 632 Wango Mango Vegetable Juice 620 Salsa 658 Cherry Craisins 670 Fresh Fruit 941 Tostitos Scoops	272 Buffalo Chicken Calzone OR 268 French Bread Pizza OR 242 Chicken, Turkey Ham & Cheese Wedge 706 Romaine Salad with Cherry Tomatoes 633 Sunset Sip Vegetable Juice 670 Fresh Fruit OR 682 Banana 446 Mott's Apple Juice	208 Mini Corn Dog OR 204 Chicken Nuggets 603 Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 934 Cinnamon Dino Bites
12	13	14	15	16
209 Taco Meat OR 221 Two Cheese Chicken Quesadilla 625 Corn 620 Salsa 670 Fresh Fruit 445 Mott's Fruit Punch Juice 944 Tostitos Top N Go	268 French Bread Pizza & 546 Cheesy Pizza Hummus & 928 Goldfish Pretzels OR 295 Meatloaf & Gravy with Mashed Potatoes & 901 Honey Biscuit 630 Dragon Punch Vegetable Juice 690 Apple Crisps 670 Fresh Fruit	269 Pizza Calzone & 622 Marinara OR 288 Mac & Cheese with Broccoli 632 Wango Mango Vegetable Juice 686 Sweet Heart Cherry Rosati Ice 670 Fresh Fruit 993 Heart Cookie <i>Valentines Day Ash Wednesday</i>	273 Swedish Meatballs with Broccoli & 118 String Cheese OR 205 Popcorn Chicken & 623 Tater Tots 708 Romaine Salad with Spinach & Chickpeas 647 Dole Mandarin Oranges 446 Mott's Apple Juice 934 Cinnamon Dino Bites	218 Mozzarella Pinwheel OR 255 Pizza Boli OR 261 Soy Butter & Jelly Sandwich 611 Bagged Baby Carrots 545 Cranberry Orange Hummus 631 Cherry Star Vegetable Juice 657 Strawberry Craisins 670 Fresh Fruit
19	20	21	22	23
<i>Presidents Day</i>	207 Cheese Ravioli & 624 Green Beans OR 284 Chicken Alfredo with Penne Pasta & Broccoli 633 Sunset Sip Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 903 Maple Biscuit	204 Chicken Nuggets & 603 Baked Beans OR 257 Mozzarella Sticks NEW & 622 Marinara Sauce 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 933 Cinnamon Tiger Bites	263 5" Round Cheese Pizza OR 264 4x6 Cheese Pizza 620 Salsa 631 Cherry Star Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	225 Ciabatta Melt OR 217 Spicy Grilled Cheese OR 274 Toasted Cheese Sandwich 611 Bagged Baby Carrots 543 Red Pepper Hummus 625 Corn 446 Mott's Apple Juice 670 Fresh Fruit
26	27	28	29	1
203 Mini Pepperoni Calzones & 623 Tater Tots OR 283 Chicken Tenders with Corn 611 Bagged Baby Carrots 445 Mott's Fruit Punch Juice 670 Fresh fruit 929 Chocolate Tiger Bites NEW	281 Popcorn Chicken with Roasted Potatoes & 928 Goldfish Pretzels OR 280 Hamburger with Green Beans & 915 Hamburger Bun 603 Baked Beans 657 Strawberry Craisins 695 Strawberry & Mango Sidekick <i>National Strawberry Day</i>	288 Mac & Cheese with Broccoli OR 295 Meatloaf with Gravy & Mashed Potatoes 632 Wango Mango Vegetable Juice 608 Dole Tropical Fruit Cup 670 Fresh Fruit 901 Honey Biscuit	215 Taco Stick OR 226 Philly Cheesesteak Pinwheel OR 242 Chicken, Turkey Ham & Cheese Wedge 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit OR 682 Banana 690 Apple Crisps 941 Tostitos Scoops	268 French Bread Pizza OR 264 4x6 Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 446 Mott's Apple Juice 670 Fresh Fruit

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.