





ELEMENTARY SCHOOL HOT LUNCH

OCTOBER 2024

Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
30 255 PizzaBoli OR 203 Mini Pepperoni Calzone OR 237 Italian Sandwich 620 Salsa 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 941 Tostito Scoops	1 208 Mini Corn Dogs OR 225 Ciabatta Cheese Melt V OR 236 Turkey & Two Cheese Wedge 611 Bagged Carrots 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup	2 226 Philly Cheese Steak Pinwheel OR 217 Spicy Grilled Cheese V 623 Tater Tots 631 Cherry Star Vegetable Juice 670 Fresh Fruit	3 221 Two Cheese, Chicken Quesadilla OR 274 Toasted Cheese Sandwich OR 261 Soy Butter & Jelly Sandwich 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 932 Scooby Snacks-Cinnamon	4 264 4x6 Cheese Pizza V OR 218 Mozzarella Pinwheel V  622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 749 Apple Cherry Juice 927 Cheddar Goldfish
7 205 Popcorn Chicken OR 271 Cheeseburger Calzone OR 232 Buffalo Chicken & Cheddar on Brioche Bun 611 Bagged Carrots 543 Red Pepper Hummus 752 Fruit Punch Juice	8 257 Mozzarella Sticks V OR 210 Cheese Stuffed Breadsticks V OR 236 Turkey & Two Cheese Wedge 622 Marinara Sauce 632 Wango Mango Vegetable Juice 649 Orange Gello Cups	9 200 Hamburger OR 201 Cheeseburger OR 238 Chicken, Turkey Pepp & Cheese Croissant 603 Baked Beans 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit	10 268 French Bread Pizza V OR 263 5" Round Cheese Pizza V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun 706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 932 Scooby Snacks-Cinnamon	11 284 Chicken Alfredo, Penne & Broccoli OR 206 French Toast w. Sausage 623 Tater Tots 630 Dragon Punch Vegetable Juice 659 Watermelon Craisins 909 Dinner Rolls
14 256 Cheese Stuffed Breadsticks & 934 Dino Bites OR 288 Mac & Cheese w. Broccoli V & 901 Honey Biscuits 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 654 Raspberry Lemonade Craisins 	15 215 Beef & Cheese Taco Stick OR 221 Two Cheese Chicken Quesadilla 620 Salsa 625 Corn 749 Apple Cherry Juice 941 Tostito Scoops	16 206 French Toast w. Sausage OR 269 Pizza Calzone V 623 Tater Tots 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 928 Goldfish Pretzels	17 202 Cheeseburger w. Bun OR 286 Penne w. Meat Sauce & Cheese Veggies & 909 Dinner Roll OR 242 Chicken Turkey Ham & Cheese Wedge Sandwich 611 Bagged Carrots 543 Red Pepper Hummus 670 Fresh Fruit OR 682 Bananas	18 268 French Bread Cheese Pizza V OR 208 Mini Corn Dogs OR 232 Buffalo Chicken & Cheddar on Brioche Bun 708 Spinach & Romaine Salad w. Chickpeas 609 Dole Mixed Fruit Cup  FIND YOUR TREASURE!
21 272 Buffalo Chicken Calzone OR 225 Ciabatta Cheese Melt V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun 620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit	22 257 Mozzarella Sticks V OR 204 Chicken Nuggets 623 Tater Tots 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 928 Goldfish Pretzels	23 217 Spicy Grilled Cheese V OR 226 Philly Cheese Steak Pinwheel OR 227 Turkey Ham, Turkey Pepp & Cheese Sub 611 Bagged Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice	24 207 Cheese Ravioli V & 903 Maple Biscuits OR 255 Pizzaboli V OR 234 Turkey Ham & Two Cheese on Roll 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas	25 281 Popcorn Chicken w/ Roasted Potatoes OR 263 5" Round Cheese Pizza V & 632 Wango Mango Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 929 Chocolate Tiger Bites
28 205 Popcorn Chicken OR 215 Taco Stick & 620 Salsa Cup 623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	29 271 Cheeseburger Calzone & 625 Corn & 988 Cinnamon Graham Crackers OR 288 Mac & Cheese w. Broccoli V & 909 Dinner Rolls 633 Sunset Sip Vegetable Juice 657 Strawberry Craisins	30 223 Veggie Pinwheel V OR 203 Mini Pepperoni Calzone OR 238 Chicken, Turkey Pepp & Cheese Croissant 611 Bagged Carrots 543 Red Pepper Hummus 687 Rosati "Chillin Bat" Ice	31 264 4x6 Cheese Pizza V OR 283 Chicken Tenders w/ Corn OR 404 Italian Combo Wrap 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 933 Pumpkin Cookie	1 210 Cheese Stuffed Breadsticks V OR 216 Spicy Taco Stick 622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup 941 Tostito Scoops 

V= Vegetarian Options

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.

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



October

2024

DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!



PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!



PRAYER CORNER

Thank you for the food you provide for us and all those who have helped to bring it to us. May the sharing of this meal strengthen the bonds of friendship, hope and trust between us. Amen.

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schoolmealsnds



NDS School Lunch Program