



Elementary



DECEMBER 2018

"Healthy is the best way to eat, 'cause it'll get you on your feet...Plus it's fun to run!" –
Winning Slogan by Mailliw Pagan, grade 7
From St. Joseph Pro-Cathedral School

Nutritional Development Services

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

Monday	Tuesday	Wednesday	Thursday	Friday
271 Spaghetti & Meatballs 689 Orange Mango Applesauce 901 Honey Biscuit	217 Teriyaki Chicken with Brown Rice & 908 Dinner Roll 603 Maple Baked Beans 611 Bagged Baby Carrots 752 Fruit Punch Juice	281 Salisbury Steak with Gravy 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 904 Wheat Bread (2 slices)	264 4 x 6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice	NO SCHOOL TODAY
265 Chicken Ranch Flatbread 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 620 Salsa 941 Tostitos Scoops	205 Popcorn Chicken 704 French Fries 752 Fruit Punch Juice 932 Cinnamon Scooby Snacks	224 Chicken Nuggets with Sweet Potatoes 635 Calypso Crush Vegetable Juice 670 Fresh Fruit	272 Four Cheese Panini 708 Romaine Salad with Spinach & Chickpeas 749 Apple-Cherry Juice 993 Bell Holiday Cookie	200 Hamburger 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 695 Strawberry-Mango Sidekick 914 Hamburger Bun
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 603 Maple Baked Beans 752 Fruit Punch Juice 929 Cinnamon Elf Grahams	273 Rotini Bake 670 Fresh Fruit 908 Dinner Roll	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup	275 BBQ Chicken Filet 623 Broccoli 631 Cherry Star Vegetable Juice 749 Apple-Cherry Juice 914 Hamburger Bun	226 Philly Cheesesteak Pinwheel 704 French Fries 689 Orange Mango Applesauce 993 Gingerbread Cookie
Winter Break	Winter Break	Winter Break	Winter Break	Winter Break
Happy New Year's Eve!	Happy New Year!	NO SCHOOL TODAY	273 Rotini Bake 749 Apple-Cherry Juice 901 Honey Biscuit	215 Beef & Cheese Taco 624 Garlic Green Beans 635 Calypso Crush Vegetable Juice 647 Dole Mandarin Orange Cup

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, Diocese of Camden, 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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.

