



DECEMBER 2019

Winning Slogan: "Eat healthy day and night, to keep your future looking bright!" by Journey, grade 7, from St. Peter the Apostle

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

NO SCHOOL TODAY

2

Tuesday

221 Two Cheese Chicken Quesadilla
603 Maple Baked Beans
608 Dole Tropical Fruit Cup
941 Tostitos Scoops
620 Salsa

3

Wednesday

271 Spaghetti & Meatballs
670 Fresh Fruit
903 Maple Biscuit

4

Thursday

205 Popcorn Chicken & 908 Dinner Roll
704 French Fries
752 Fruit Punch Juice

5

Friday

217 Terriyaki Chicken with Brown Rice
623 Broccoli
631 Cherry Star Vegetable Juice
670 Fresh Fruit
908 Dinner Roll

6

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
639 Corn
694 Kiwi Strawberry Sidekick

9

281 Salisbury Steak with Gravy
610 Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
910 Ciabatta Bread

10

253 Hot Dog with French Fries & 907 Hot Dog Bun
632 Wango Mango Vegetable Juice
658 Cherry Craisins

11

272 Four Cheese Panini
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice

12

201 Cheeseburger
611 Bagged Baby Carrots
541 Chocolate Hummus
699 Strawberry Cup
914 Hamburger Bun

13

234 Chicken Tenders with Potato Wedges
603 Maple Baked Beans
608 Dole Tropical Fruit Cup
941 Tostitos Scoops

16

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
659 Watermelon Craisins

17

289 Pancakes with Sausage & 907 Hot Dog Bun
634 Hash Browns
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

18

294 Meatballs with Tomato Sauce & 907 Hot Dog Bun
625 Sweet Maple Carrots
749 Apple-Cherry Juice

19

263 5" Round Cheese Pizza
623 Broccoli
752 Fruit Punch Juice
990 Chocolate Chip Cookie

20

23

24

25

26

27

Happy Holidays

30

31

1

273 Rotini Bake
695 Strawberry-Mango Sidel
901 Honey Biscuit

2

205 Popcorn Chicken
603 Maple Baked Beans
631 Cherry Star Vegetable Juice
685 Rosati Water Ice
993 Holiday Cookie

3

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