



NOVEMBER 2019

"Eat healthy foods, they are everywhere!- By Jariel, room 4B
From Laboratory Charter Woodbine

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

253 Hot Dog with French Fries
630 Dragon Punch Vegetable Juice
686 Roasti Water Ice
907 Hot Dog Bun

4

210 Crispy Chicken Filet & 914 Hamburger Bun
639 Corn
631 Cherry Star Vegetable Juice
670 Fresh Fruit

5

271 Spaghetti & Meatballs
752 Fruit Punch Juice
908 Dinner Roll

6

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
611 Bagged Baby Carrots
541 Chocolate Hummus
699 Strawberry Cup
928 Goldfish Pretzels

7

223 Veggie Pinwheel
708 Romaine Salad with Spinach & Chickpeas
749 Apple-Cherry Juice

8

200 Hamburger
704 French Fries
699 Strawberry Cup
914 Hamburger Bun

11

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit

12

289 Pancakes with Sausage
611 Bagged Baby Carrots
540 Garlic Hummus
670 Fresh Fruit

13

205 Popcorn Chicken
708 Romaine Salad with Spinach & Chickpeas
685 Roasti Water Ice
928 Goldfish Pretzels

14

NO SCHOOL TODAY

15

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
603 Maple Baked Beans
658 Cherry Craisins

18

253 Hot Dog with French Fries
631 Cherry Star Vegetable Juice
694 Kiwi Strawberry Sidekick
907 Hot Dog Bun

19

275 BBQ Chicken Filet
704 French Fries
749 Apple-Cherry Juice
914 Hamburger Bun

20

274 Curly Cheesy Lasagna
752 Fruit Punch Juice
908 Dinner Roll

21

251 Chicken Nuggets
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
990 Chocolate Chip Cookie

22

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
603 Maple Baked Beans
670 Fresh Fruit
932 Cinnamon Scooby Snacks

25

222 Sliced Turkey with Stuffing, Mashed Potatoes & Gravy & 908 Dinner Roll
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup
908 Dinner Roll

26

EARLY DISMISSAL TODAY

27

Happy Thanksgiving

28

Happy Thanksgiving

29

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.

