



OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5
From St. Peter the Apostle 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

253 Hot Dog with French Fries & 907 Hot Dog Bun
611 Bagged Baby Carrots
540 Garlic Hummus
608 Dole Tropical Fruit Cup
932 Cinnamon Scooby Snacks

1

Tuesday

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

2

Wednesday

205 Popcorn Chicken
704 French Fries
670 Fresh Fruit
932 Cinnamon Scooby Snacks

3

Thursday

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

4

Friday

210 Crispy Chicken Filet & 914 Hamburger Bun
631 Cherry Star Vegetable Juice
670 Fresh Fruit
620 Salsa
941 Tostitos Scoops

5

NO SCHOOL TODAY

Columbus Day

8

200 Hamburger
704 French Fries
749 Apple-Cherry Juice
914 Hamburger Bun

9

233 Popcorn Chicken with Sweet & Sour Broccoli
611 Bagged Baby Carrots
546 Cheesy Pizza Hummus
752 Fruit Punch Juice
914 Hamburger Bun

10

264 4 x 6" Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit

11

251 Chicken Nuggets
634 Hash Brown
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
932 Cinnamon Scooby Snacks

12

15

294 Meatballs with Sauce
623 Broccoli
752 Fruit Punch Juice
907 Hot Dog Bun

281 Salisbury Steak with Gravy
610 Mashed Potatoes
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

16

253 Hot Dog with French Fries
603 Maple Baked Beans
670 Fresh Fruit
907 Hot Dog Bun

17

263 5" Round Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
749 Apple-Cherry Juice

18

273 Rotini Bake
670 Fresh Fruit
908 Dinner Roll

19

22

215 Beef & Cheese Taco
611 Bagged Baby Carrots
545 Cranberry Orange Hummus
670 Fresh Fruit

269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
670 Fresh Fruit
620 Salsa
941 Tostitos Scoops

23

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

24

205 Popcorn Chicken
704 French Fries
749 Apple-Cherry Juice
932 Cinnamon Scooby Snacks

25

252 Cheeseburger Macaroni
708 Romaine Salad with Spinach and Chickpeas
752 Fruit Punch Juice

26

29

200 Hamburger
603 Maple Baked Beans
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

292 Penne Pasta with Meat Sauce
670 Fresh Fruit
908 Dinner Roll

30

251 Chicken Nuggets
634 Hash Brown
611 Bagged Baby Carrots
686 Chil'in Bat Water Ice
993 Pumpkin Cookie

31

264 4 x 6" Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice

1

233 Popcorn Chicken with Sweet & Sour Broccoli
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

2

PLEASE READ CAREFULLY. Parents are strongly advised to review the menu completely to ensure that each of the food items in 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.