

# Elementary Hot Lunch October 2023

**Slogan Winner: "Live, Laugh, Lunch!" by Jack K. from Nazareth Academy, grade 7**



Nutritional Development Services-Archdiocese of Philadelphia

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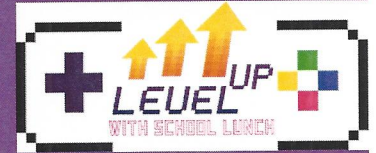
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## National School Lunch Week: October 9<sup>th</sup>-14<sup>th</sup>:

Celebrate National School Lunch Week by participating in the school lunch program! A healthy school lunch has shown to have a positive impact both in and out of the classroom!

## PA Harvest of the Month for October: Apples!

Celebrate by reaching for apple slices on 10/5 and fresh apples offered throughout the month!



Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free. *V = Vegetarian, NEW = New Item*

Monday	Tuesday	Wednesday	Thursday	Friday
2 288 Mac & Cheese with Broccoli <i>V OR</i> <del>291 Caribbean Pineapple Chicken with Rice &amp; Carrots</del> 630 Dragon Punch Vegetable Juice 694 Kiwi Strawberry Sidekick 903 Maple Biscuit	3 <del>216 Spicy Taco Stick</del> 215 Taco Stick <i>OR</i> <del>236 Turkey &amp; Two Cheese Wedge</del> 633 Sunset Sip Vegetable Juice 620 Salsa 670 Fresh Fruit 941 Tostito Scoops	4 <del>200 Hamburger</del> 201 Cheeseburger 704 Baked Beans 752 Fruit Punch Juice 928 Goldfish Pretzels	5 <del>268 French Bread Pizza</del> 264 4x6 Cheese Pizza <i>V</i> <del>242 Chicken, Turkey Ham &amp; Cheese Wedge</del> 706 Romaine Salad with Cherry Tomatoes 697 Apple Slices <i>OR</i> 682 Banana	6 283 Chicken Tenders with Corn <i>OR</i> <del>284 Chicken Alfredo with Penne Pasta &amp; Broccoli</del> 611 Bagged Baby Carrots 651 Dole Mango Pineapple Smoothie <i>NEW</i> 909 Dinner Roll <i>World Smile Day</i> 😊
9 <del>274 Toasted Cheese Sandwich</del> <i>V OR</i> <del>217 Spicy Grilled Cheese</del> <i>V OR</i> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 649 Orange Gello Cup <i>Columbus Day!</i> 🇺🇸	10 295 Meatloaf with Gravy & Mashed Potatoes <i>OR</i> 273 Swedish Meatballs with Broccoli 630 Dragon Punch Vegetable Juice 749 Apple Cherry Juice 928 Goldfish Pretzels	11 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes <i>OR</i> 286 Penne Pasta with Meat Sauce & Vegetable Blend 631 Cherry Star Vegetable Juice 670 Fresh Fruit 990 Chocolate Chip Cookie	12 271 Cheeseburger Calzone <i>NEW OR</i> <del>235 Waffle &amp; Cheese Sandwich</del> <i>V</i> 715 Mexican Street Corn <i>NEW</i> 657 Strawberry Craisins 932 Cinnamon Scooby Snacks	13 264 4x6 Cheese Pizza <i>V</i> <del>268 French Bread Pizza</del> <del>304 Italian Combo Wrap</del> 708 Romaine Salad with Spinach & Chickpeas 750 Apple Juice <i>OR</i> 682 Banana
16 281 Popcorn Chicken with Roasted Potatoes <i>OR</i> <del>283 Chicken Tenders with Corn</del> 630 Dragon Punch Vegetable Juice 650 Dole Strawberry Banana Smoothie <i>NEW</i> 932 Scooby Snacks	17 215 Taco Stick <i>OR</i> 221 Two Cheese Chicken Quesadilla <i>OR</i> <del>236 Turkey &amp; Two Cheese Wedge</del> 620 Salsa 633 Sunset Sip Vegetable Juice 644 Dole Pear Cup 941 Tostitos Scoops <i>National Pasta Day!</i> 🍝	18 284 Chicken Alfredo with Penne Pasta & Broccoli <i>OR</i> 288 Mac & Cheese with Broccoli <i>V</i> 631 Cherry Star Vegetable Juice 656 Craisins 909 Dinner Roll	19 <del>268 French Bread Pizza</del> 264 4x6 Cheese Pizza <i>V</i> 708 Romaine Salad with Spinach & Chickpeas 695 Strawberry & Mango Sidekick	20 200 Hamburger <i>OR</i> 201 Cheeseburger <i>OR</i> <del>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</del> 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 621 Celery 670 Fresh Fruit <i>OR</i> 682 Banana
23 <del>298 Turkey Chili with Italian Vegetables</del> <i>OR</i> 295 Meatloaf with Gravy & Mashed Potatoes 633 Sunset Sip Vegetable Juice 684 Mixed Berry Applesauce 901 Honey Biscuit	24 225 Ciabatta Cheese Melt <i>V</i> <del>216 Spicy Grilled Cheese</del> 716 Roasted Sweet Potatoes <i>NEW</i> 670 Fresh Fruit <i>OR</i> 682 Banana	25 <del>282 BBQ Popcorn Chicken with Sweet Mashed Potatoes</del> <i>OR</i> 281 Popcorn Chicken with Roasted Potatoes 621 Celery 752 Fruit Punch Juice 909 Dinner Roll	26 200 Hamburger <i>OR</i> <del>235 Waffle &amp; Cheese Sandwich</del> <i>V</i> 704 Baked Beans 648 Strawberry Gello Cup	27 255 Pizza Boli <i>V OR</i> <del>270 Turkey Pepperoni Calzone</del> <i>OR</i> <del>228 Turkey Ham &amp; Cheese Sub</del> 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit

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