



# OCTOBER 2019

Winning Slogan "Great Food, Awesome School, Healthy You!" –By Oliva, grade 5, from St. Francis of Assisi

## 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
200 Hamburger 704 French Fries 699 Strawberry Cup 914 Hamburger Bun <b>30</b>	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit <b>1</b>	289 Pancakes with Sausage 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit <b>2</b>	205 Popcorn Chicken 708 Romaine Salad with Spinach & Chickpeas 685 "Chillin' Bat" Water Ice 928 Goldfish Pretzels <b>3</b>	264 4x6" Cheese Pizza 630 Dragon Punch Vegetable Juice 670 Fresh Fruit <b>4</b>
234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 658 Cherry Craisins <b>7</b>	253 Hot Dog with French Fries 631 Cherry Star Vegetable Juice 670 Fresh Fruit 907 Hot Dog Bun <b>8</b>	275 BBQ Chicken Filet 704 French Fries 749 Apple-Cherry Juice 914 Hamburger Bun <b>9</b>	274 Curly Cheesy Lasagna 752 Fruit Punch Juice 901 Honey Biscuit <b>10</b>	251 Chicken Nuggets 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 990 Chocolate Chip Cookie <b>11</b>
NO SCHOOL TODAY <b>14</b>	200 Hamburger 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 914 Hamburger Bun <b>15</b>	289 Pancakes with Sausage 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit <b>16</b>	264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 752 Fruit Punch Juice <b>17</b>	251 Chicken Nuggets 611 Bagged Baby Carrots 540 Garlic Hummus 659 Watermelon Craisins <b>18</b>
273 Rotini Bake 749 Apple-Cherry Juice 908 Dinner Roll <b>21</b>	205 Popcorn Chicken 704 French Fries 685 "Chillin' Bat" Water Ice 932 Cinnamon Scooby Snacks <b>22</b>	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit <b>23</b>	226 Philly Cheesesteak Pinwheel 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 929 Cinnamon Elf Grahams <b>24</b>	253 Hot Dog with French Fries 603 Maple Baked Beans 699 Strawberry Cup 907 Hot Dog Bun <b>25</b>
225 Cheesy Taco Meat & 941 Tostitos Scoops 639 Corn 631 Cherry Star Vegetable Juice 658 Cherry Craisins <b>28</b>	204 Chicken Parmesan & 914 Hamburger Bun 638 Corn & Peas 670 Fresh Fruit <b>29</b>	272 Four Cheese Panini 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit <b>30</b>	264 4x6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 685 "Chillin' Bat" Water Ice <b>31</b>	251 Chicken Nuggets 704 French Fries 752 Fruit Punch Juice <b>1</b>

**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 change, 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.