



OCTOBER 2021

“Great Food, Awesome School, Healthy You!”- 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, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 611 Bagged Baby Carrots 545 Cranberry Orange Hummus 645 Dole Pineapple Cup 992 Oatmeal Cookie 27	211 Sloppy Joe 624 Garlic Green Beans 749 Apple-Cherry Juice 915 Hamburger Bun 28	215 Beef & Cheese Taco 620 Salsa 639 Corn 659 Watermelon Craisins 941 Tostitos Scoops 29	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 694 Kiwi Strawberrv Sidekick 30	200 Hamburger 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice 915 Hamburger Bun Oct. 1
234 Chicken Tenders with Potato Wedges 631 Cherry Star Vegetable Juice 645 Dole Pineapple Cup 990 Chocolate Chip Cookie 4	263 5" Round Cheese Pizza 623 Broccoli 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 5	253 Hot Dog with French Fries & 906 Hot Dog Bun 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 6	274 Curly Cheesy Lasagna 659 Watermelon Craisins 909 Dinner Roll 7	210 Crispy Chicken Filet 611 Bagged Baby Carrots 630 Dragon Punch Vegetable Juice 608 Dole Tropical Fruit Cup 915 Hamburger Bun 8
NO SCHOOL 11	289 Pancakes with Sausage 634 Hash Browns 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 928 Goldfish Pretzels 12	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 645 Dole Pineapple Cup 13	207 Rib-B-Que 708 Romaine Salad with Spinach & Chickpeas 749 Apple-Cherry Juice 915 Hamburger Bun 14	269 Mini Corn Dogs, Chicken Nuggets with Potato Rounds 603 Maple Baked Beans 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 15
294 Meatballs with Tomato Sauce 623 Broccoli 608 Dole Tropical Fruit Cup 906 Hot Dog Bun 18	221 Two Cheese Chicken Quesadilla 639 Corn 633 Wango Mango Vegetable Juice 659 Watermelon Craisins 19	253 Hot Dog with French Fries & 906 Hot Dog Bun 603 Maple Baked Beans 645 Dole Pineapple Cup 20	205 Popcorn Chicken 633 Sunset Sip Vegetable Juice 611 Bagged Baby Carrots 752 Fruit Punch Juice 990 Chocolate Chip Cookie 21	271 Spaghetti & Meatballs 684 Mixed Berry Applesauce 909 Dinner Roll 22
255 Cheese Stuffed Breadsticks 622 Marinara Sauce 633 Sunset Sip Vegetable Juice 687 Rosati Water Ice 25	234 Chicken Tenders with Potato Wedges 623 Broccoli 690 Apple Crisps 932 Cinnamon Scooby Snacks 26	201 Cheeseburger & Hamburger Bun 634 Hash Browns 630 Dragon Punch Vegetable Juice 647 Dole Mandarin Orange Cup 27	263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice 28	251 Chicken Nuggets 611 Bagged Baby Carrots 541 Chocolate Hummus 686 Rosati Water Ice 993 Pumpkin Cookie 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.

