



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

234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
645 Dole Pineapple Cup
990 Chocolate Chip Cookie

217 Teriyaki Chicken with Brown Rice
623 Broccoli
685 Rosati Water Ice
941 Tostitos Scoops
620 Salsa

294 Meatballs with Tomato Sauce
623 Broccoli
608 Dole Tropical Fruit Cup
906 Hot Dog Bun

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
687 Rosati Water Ice

Tuesday

263 5" Round Cheese Pizza
~~OR~~
240 Turkey Bologna & Cheese-Sub
623 Broccoli
633 Sunset Sip Vegetable Juice
658 Cherry Craisins

289 Pancakes with Sausage
634 Hash Browns
632 Wango Mango Vegetable Juice
659 Watermelon Craisins
928 Goldfish Pretzels

221 Two-Cheese Chicken Quesadilla ~~OR~~
249 Italian Whole Wheat Sub
639 Corn
633 Wango Mango Vegetable Juice
659 Watermelon Craisins

234 Chicken Tenders with Potato Wedges
623 Broccoli
690 Apple Crisps
932 Cinnamon Scooby Snacks

Wednesday

253 Hot Dog with French Fries & 906 Hot Dog Bun
603 Maple Baked Beans
608 Dole Tropical Fruit Cup

255 Cheese Stuffed Breadsticks
~~OR~~
235 Cheese Sandwich
622 Marinara Sauce
630 Dragon Punch Vegetable Juice
645 Dole Pineapple Cup

253 Hot Dog with French Fries & 906 Hot Dog Bun
603 Maple Baked Beans
645 Dole Pineapple Cup

201 Cheeseburger & 915 Hamburger Bun
~~OR~~
235 Cheese Sandwich
634 Hash Browns
630 Dragon Punch Vegetable Juice
647 Dole Mandarin Orange Cup

Thursday

274 Curly Cheesy Lasagna
659 Watermelon Craisins
909 Dinner Roll

207 Rib-B-Que
708 Romaine Salad with Spinach & Chickpeas
749 Apple-Cherry Juice
915 Hamburger Bun

205 Popcorn Chicken
633 Sunset Sip Vegetable Juice
611 Bagged Baby Carrots
752 Fruit Punch Juice
990 Chocolate Chip Cookie

263 5" Round Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice

Friday



210 Crispy Chicken Filet
611 Bagged Baby Carrots
630 Dragon Punch Vegetable Juice
608 Dole Tropical Fruit Cup
915 Hamburger Bun

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

271 Spaghetti & Meatballs
684 Mixed Berry Applesauce
909 Dinner Roll

251 Chicken Nuggets
611 Bagged Baby Carrots
541 Chocolate Hummus
686 Rosati Water Ice
993 Pumpkin Cookie

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.

