

October 2016

"Start your day a healthy way."
- Winning slogan by Princesa at Holy Innocents School

Lunch ELEMENTARY

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.

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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

Monday

282 Chicken Fries with
Tri-Tators
603 Maple Baked Beans
670 Fresh Fruit
907 Hot Dog Bun

3

Tuesday

402 Spaghetti & Meatballs
750 Apple Juice
908 Dinner Roll

4

Wednesday

230 Chicken Tenders with
Sweet Potato Puffs
635 Calypso Crush Vegetable
Juice
688 Applesauce

5

Thursday

252 Cheeseburger Mac
643 Glazed Carrots
606 Fresh Romaine Salad
670 Fresh Fruit

6

Friday

No hot lunch – Noon dismissal

7

215 Gorditas Chipotle Chicken
Fold 'N' Go
524 Corn Cobbette
631 Cherry Star Vegetable Juice
658 Dried Fruit Blend

10

263 5" Round Pizza
611 Bagged Baby Carrots
694 Kiwi Strawberry Sidekick

11

288 Waffles with Sausage &
117 Wow Butter
634 Hash Browns
631 Cherry Star Vegetable Juice
670 Fresh Fruit

12

205 Popcorn Chicken
704 French Fries
670 Fresh Fruit
992 Oatmeal Cookie

13

No hot lunch – Home and School
Pizza Lunch

204 Chicken Parmesan
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun OR
918 Pita Pocket

17

253 Hot Dog with French Fries
603 Maple Baked Beans
752 Fruit Punch Juice
907 Hot Dog Bun

18

282 Chicken Fries with
Tri-Tators
635 Calypso Crush Vegetable
Juice
670 Fresh Fruit

19

228 Turkey Club Combo
611 Bagged Baby Carrots
542 Harvest Pumpkin Hummus
OR
543 Blazin' Buffalo Hummus

20

No hot lunch – school closed
for professional development

21

211 Sloppy Joe
631 Cherry Star Vegetable Juice
752 Fruit Punch Juice
918 Pita Pocket OR
902 Kaiser Roll

24

210 Crispy Chicken Fillet
704 French Fries
750 Apple Juice
914 Hamburger Bun

25

201 Cheeseburger
524 Corn Cobbette
603 Maple Baked Beans
670 Fresh Fruit
914 Hamburger Bun

26

251 Breaded Chicken Nuggets
611 Bagged Baby Carrots
542 Harvest Pumpkin Hummus
OR
545 Cranberry Orange Hummus
670 Fresh Fruit

27

255 Cheese Stuffed Breadsticks
682 Marinara Sauce
606 Fresh Romaine Salad
685 Rosati Italian Water Ice

28