

# LUNCH

Elementary



# 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



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## School Closed

11

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



18

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

25

## Tuesday

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

5

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



12

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

19

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

26

## Wednesday

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

6

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

13

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

20

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

27

## Thursday

- 274 Curly Cheesy Lasagna
- 659 Watermelon Craisins
- 909 Dinner Roll

7

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



14

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

21

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

28

## Friday

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

8

- 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

- 271 Spaghetti & Meatballs
- 684 Mixed Berry Applesauce
- 909 Dinner Roll

22

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

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**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.