

# Elementary Hot Lunch December 2023

**Slogan Winner- "A nutritional meal equals a happy brain and a healthy heart – Let's Eat Smart!"  
by Kenydi M, grade 4, from St. Frances Cabrini**



Nutritional Development Services- Archdiocese of Philadelphia  
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SchoolMealsNDS  
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## DECEMBER IS NATIONAL PEAR MONTH!

Celebrate by reaching for PEARS on 12/12, 12/22 and throughout the month when offered!



Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>210 Cheese Stuffed Breadsticks &amp; 622 Marinara <b>OR</b> 204 Chicken Nuggets &amp; 623 Tater Tots 631 Cherry Star Vegetable Juice 749 Apple Cherry Juice 933 Cinnamon Tiger Grahams</p>	<p>5</p> <p>286 Penne Pasta with Meat Sauce &amp; Italian Vegetable Blend &amp; 908 Dinner Roll <b>OR</b> 218 Mozzarella Pinwheel &amp; 624 Green Beans 621 Celery 670 Fresh Fruit</p>	<p>6</p> <p>221 Two Cheese Chicken Quesadilla <b>OR</b> 235 Waffle &amp; Cheese Sandwich <b>OR</b> 228 Turkey Ham &amp; Cheese Sub 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 670 Fresh Fruit 992 Oatmeal Cookie</p>	<p>7</p> <p>268 French Bread Pizza <b>OR</b> 263 5" Round Cheese Pizza <b>OR</b> 236 Turkey &amp; Two Cheese Wedge 706 Romaine Salad with Cherry Tomatoes 697 Bagged Sliced Apples</p>	<p>8</p> <p>283 Chicken Tenders with Corn <b>OR</b> 271 Cheeseburger Calzone &amp; 633 Sunset Sip Vegetable Juice 603 Baked Beans 694 Kiwi &amp; Strawberry Sidekick  <i>Feast of Immaculate Conception</i></p>
<p>11</p> <p>209 Taco Meat <b>OR</b> 217 Spicy Grilled Cheese <b>OR</b> 227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub 630 Dragon Punch Vegetable Juice 620 Salsa 752 Fruit Punch Juice 941 Tostitos Scoops</p>	<p>12</p> <p>206 French Toast with Sausage &amp; 623 Tater Tots <b>OR</b> 295 Meatloaf with Gravy &amp; Mashed Potatoes &amp; 903 Maple Biscuit 631 Cherry Star Vegetable Juice 670 Pear</p>	<p>13</p> <p>205 Popcorn Chicken &amp; 603 Baked Beans <b>OR</b> 257 Mozzarella Sticks &amp; 622 Marinara Sauce 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 932 Cinnamon Scooby Snacks</p>	<p>14</p> <p>264 4x6 Cheese Pizza <b>OR</b> 270 Turkey Pepperoni Calzone <b>OR</b> 404 Italian Combo Wrap 708 Romaine Salad with Spinach &amp; Chickpeas 670 Fresh Fruit <b>OR</b> 682 Banana</p>	<p>15</p> <p>200 Hamburger with Bun <b>OR</b> 201 Cheeseburger with Bun 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus 749 Apple Cherry Juice</p>
<p>18</p> <p>281 Popcorn Chicken with Roasted Potatoes <b>OR</b> 203 Mini Pepperoni Calzone &amp; 623 Tater Tots 611 Bagged Baby Carrots 686 Wild Berry Rosati Ice 993 Candy Cane Holiday Cookie</p>	<p>19</p> <p>284 Chicken Alfredo with Penne Pasta &amp; Broccoli <b>OR</b> 210 Cheese Stuffed Breadsticks &amp; 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 650 Strawberry Banana Smoothie</p>	<p>20</p> <p>215 Taco Stick <b>OR</b> 216 Spicy Taco Stick <b>OR</b> 228 Turkey Ham &amp; Cheese Sub 620 Salsa 632 Wango Mango Vegetable Juice 658 Cherry Craisins 941 Tostitos Scoops</p>	<p>21</p> <p>272 Buffalo Chicken Calzone <b>OR</b> 268 French Bread Pizza <b>OR</b> 242 Chicken, Turkey Ham &amp; Cheese Wedge 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit</p>	<p>22</p> <p>208 Mini Corn Dogs <b>OR</b> 204 Chicken Nuggets 603 Baked Beans 631 Cherry Star Vegetable Juice 644 Dole Pear Cup 934 Dino Bites</p>
<p>25</p>	<p>26</p>	<p>27</p> <p><i>Happy Holidays!</i></p>	<p>28</p>	<p>29</p>
<p>1</p> <p><i>Happy New Year!</i></p>	<p>2</p> <p>268 French Bread Pizza <b>OR</b> 295 Meatloaf with Gravy &amp; Mashed Potatoes 630 Dragon Punch Vegetable Juice 690 Apple Crisps 939 Heartzel Pretzels</p>	<p>3</p> <p>269 Pizza Calzone <b>OR</b> 205 Popcorn Chicken 623 Tater Tots 632 Wango Mango Vegetable Juice 686 Strawberry Lemonade Rosati Ice</p>	<p>4</p> <p>273 Swedish Meatballs with Noodles &amp; Broccoli <b>OR</b> 288 Mac &amp; Cheese with Broccoli 633 Sunset Sip Vegetable Juice 647 Dole Mandarin Oranges 903 Maple Biscuit</p>	<p>5</p> <p>221 Two Cheese Chicken Quesadilla <b>OR</b> 255 Pizza Boli <b>OR</b> 236 Turkey &amp; Two Cheese Wedge 622 Marinara 625 Corn 657 Strawberry Craisins 993 Bell Holiday Cookie</p>

**PLEASE READ CAREFULLY.** Parents are strongly advised to review the menu completely to ensure that each of the food items are suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, 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.