

November 2017

"If you eat well, you will do well!"
- Winning slogan by Lailah at St. Raymond 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

6
224 Chicken Nuggets with Sweet Potatoes
631 Cherry Star Vegetable Juice
670 Fresh Fruit
992 Oatmeal Cookie



Tuesday

7
271 Spaghetti with Meatballs
750 Apple Juice
908 Dinner Roll OR
903 Maple Biscuits

Wednesday

8
253 Hot Dog with French Fries & 907 Hot Dog Bun O
603 Maple Baked Beans
670 Fresh Fruit

Thursday

9
281 Salisbury Patty
610 Mashed Potatoes
635 Calypso Crush Vegetable Juice
694 Kiwi Strawberry Sidekick
914 Hamburger Bun

Friday

10
263 5" Round Pizza
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice

13
234 Chicken Tenders with Potato Wedges
627 Mixed Vegetables
749 Apple Cherry Juice
990 Chocolate Chip Cookie

14
200 Hamburger
610 Mashed Potatoes
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

15
210 Crispy Chicken Fillet
524 Corn Coblette
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

16
255 Cheese Stuffed Breadsticks
682 Marinara Sauce
708 Romaine Salad with Chickpeas
752 Fruit Punch Juice

17
217 Teriyaki Chicken with Rice
611 Bagged Baby Carrots
540 Garlic Hummus
670 Fresh Fruit
908 Dinner Roll

20
222 Sliced Turkey with Stuffing and Mashed Potatoes
629 Corn & Carrots
687 Rosati Apple Pie Water Ice
901 Honey Biscuits

21
263 5" Round Pizza
631 Cherry Star Vegetable Juice
689 Birthday Cake Applesauce

22
NOON DISMISSAL
NO LUNCH



23
Happy Thanksgiving!



24
Happy Thanksgiving!

27
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
752 Fruit Punch Juice

28
276 BBQ Chicken Fajita
631 Cherry Star Vegetable Juice
696 Raisins
900 Panini Bread

29
294 Meatballs with Sauce
624 Mediterranean Green Beans
750 Apple Juice
907 Hot Dog Bun

30
289 Pancakes with Sausage
635 Calypso Crush Vegetable Juice
634 Hash Browns
670 Fresh Fruit



1
218 Mozzarella Pinwheel
708 Romaine Salad with Chickpeas
670 Fresh Fruit
991 "Despicable Me" Graham Crackers