

March 2018

"Eating and playing smart is the path to a healthy heart!"
 - Winning slogan by Lily at Philadelphia Montessori

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

- 5 253 Hot Dog with French Fries & 907 Hot Dog Bun
- 603 Maple Baked Beans
- 670 Fresh Fruit

- 12 275 BBQ Chicken Fillet & 914 Hamburger Bun
- 611 Bagged Baby Carrots
- 545 Cranberry Orange Hummus
- 670 Fresh Fruit

- 19 289 Pancakes with Sausage
- 634 Hash Browns
- 635 Calypso Crush Vegetable Juice
- 670 Fresh Fruit

- 26 271 Spaghetti with Meatballs
- 647 Dole Mandarin Oranges
- 903 Maple Biscuit OR
- 901 Honey Biscuit

TUESDAY

- 6 201 Cheeseburger
- 634 Hash Browns
- 631 Cherry Star Vegetable Juice
- 670 Fresh Fruit
- 914 Hamburger Bun

- 13 204 Chicken Parmesan & 914 Hamburger Bun
- 624 Garlic Butter Green Beans
- 749 Apple Cherry Juice

- 20 253 Hot Dog with French Fries & 907 Hot Dog Bun
- 611 Bagged Baby Carrots
- 670 Fresh Fruit
- 991 "Despicable Me" Honey Grahams

- 27 234 Chicken Tenders with Potato Wedges
- 631 Cherry Star Vegetable Juice
- 695 Strawberry & Mango Sidekick

WEDNESDAY

- 7 234 Chicken Tenders with Potato Wedges
- 635 Calypso Crush Vegetable Juice
- 670 Fresh Fruit
- 991 "Despicable Me" Grahams

- 14 294 Meatballs with Sauce
- 631 Cherry Star Vegetable Juice
- 670 Fresh Fruit
- 907 Hot Dog Bun

- 21 201 Cheeseburger
- 524 Corn Coblette
- 603 Maple Baked Beans
- 752 Fruit Punch Juice
- 914 Hamburger Bun

28 NOON DISMISSAL
NO LUNCH

THURSDAY

- 8 273 Rotini Bake
- 749 Apple Cherry Juice
- 901 Honey Biscuit

- 15 205 Popcorn Chicken
- 708 Romanine Salad with Spinach & Chickpeas
- 648 Orange Wedges
- 993 Shamrock Cookie

- 22 265 Chicken Ranch Flatbread Pizza
- 706 Romanine Salad with Cherry Tomatoes
- 653 Fresh Mango
- 990 Chocolate Chip Cookie

29 HOLY THURSDAY

FRIDAY

- 9 203 Mac & Cheese
- 706 Romanine Salad with Cherry Tomatoes
- 670 Fresh Fruit
- 901 Honey Biscuit

- 16 263 5" Round Cheese Pizza
- 634 Hash Browns
- 685 "Luck O' The Ice" Water Ice

- 23 255 Cheese Stuffed Breadsticks
- 622 Marinara Sauce
- 631 Cherry Star Vegetable Juice
- 670 Fresh Fruit

30 GOOD FRIDAY

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www.nutritionaldevelopment-services.org

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