

April 2018

"If you eat healthy and play, it'll keep the doctor away!"
 - Winning slogan by Brandon at the Laboratory Charter 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

2 NO SCHOOL

224 Chicken Tenders with Potato Wedges
 611 Bagged Baby Carrots
 542 Pumpkin Hummus
 694 Kiwi Strawberry Sidelick

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

275 BBQ Chicken Filler & 914 Hamburger Bun
 611 Bagged Baby Carrots
 542 Harvest Pumpkin Hummus
 670 Fresh Fruit

TUESDAY

210 Crispy Chicken Fillet
 635 Calypso Crush Vegetable Juice
 624 Garlic Butter Green Beans
 670 Fresh Fruit
 914 Hamburger Bun

292 Wheat Penne Pasta
 750 Apple Juice
 908 Dinner Roll

200 Hamburger
 634 Hash Browns
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 914 Hamburger Bun

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

WEDNESDAY

205 Popcorn Chicken
 634 Hash Browns
 631 Cherry Star Vegetable Juice
 685 Hip Hoppin' Water/Rice
 993 Easter Bunny Cookie

264 4x6" Cheese Pizza
 634 Hash Browns
 697 Bagged Apple Slices

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

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

THURSDAY

253 Hot Dog with French Fries & 907 Hot Dog Bun
 603 Maple Baked Beans
 685 Blue Razz Fruit Freeze
 Water Ice

251 Chicken Nuggets
 708 Romaine Salad with Spinach & Chickpeas
 653 Fresh Mango
 932 Keebler Scooby Snacks

292 Wheat Penne Pasta
 641 Fresh Pineapple
 901 Honey Biscuits

205 Popcorn Chicken
 708 Romaine Salad with Spinach & Chickpeas
 670 Fresh Fruit
 904 Wheat Bread

FRIDAY

226 Philly Steak & Cheese Pimwheel
 706 Romaine Salad with Cherry Tomatoes
 752 Fruit Punch Juice

252 Cheeseburger Mac
 622 Marinara Sauce
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 929 Keebler Elf Grahams

227 BBQ Chicken & Cheese Wrap
 706 Romaine Salad with Cherry Tomatoes
 670 Fresh Fruit
 992 Oatmeal Cookie

263 5" Round Cheese Pizza
 634 Hash Browns
 670 Fresh Fruit

Facebook: [facebook.com/NDSSSchoolLunchProgram](https://www.facebook.com/NDSSSchoolLunchProgram)
www.nutritionaldevelopment-services.org

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