

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

9 234 Chicken Tenders with Potato Wedges
611 Bagged Baby Carrots
542 Pumpkin Hummus
694 Kiwi Strawberry Sidekick

16 253 Hot Dog with French Fries & 907 Hot Dog Bun
603 Maple Baked Beans
670 Fresh Fruit

23 275 BBQ Chicken Fillet & 914 Hamburger Bun
611 Bagged Baby Carrots
542 Harvest Pumpkin Hummus
670 Fresh Fruit

TUESDAY

3 210 Crispy Chicken Fillet
635 Calypso Crush Vegetable Juice
624 Garlic Butter Green Beans
670 Fresh Fruit
914 Hamburger Bun

10 292 Wheat Penne Pasta
750 Apple Juice
908 Dinner Roll

17 200 Hamburger
634 Hash Browns
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

24 204 Chicken Parmesan & 914 Hamburger Bun
624 Garlic Butter Green Beans
749 Apple Cherry Juice

WEDNESDAY

4 205 Popcorn Chicken
634 Hash Browns
631 Cherry Star Vegetable Juice
685 Hipp Hoppin' Water Ice
993 Easter Bunny Cookie

11 264 4x6" Cheese Pizza
634 Hash Browns
697 Bagged Apple Slices

18 234 Chicken Tenders with Potato Wedges
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
991 "Despicable Me" Grahams

25 294 Meatballs with Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit
907 Hot Dog Bun

THURSDAY

5 253 Hot Dog with French Fries & 907 Hot Dog Bun
603 Maple Baked Beans
685 Blue Razz Fruit Freeze
Water Ice

12 251 Chicken Nuggets
708 Romaine Salad with Spinach & Chickpeas
653 Fresh Mango
932 Keebler Scooby Snacks

19 292 Wheat Penne Pasta
641 Fresh Pineapple
901 Honey Biscuits

26 205 Popcorn Chicken
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit
904 Wheat Bread

FRIDAY

6 226 Philly Steak & Cheese Pinwheel
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice

13 252 Cheeseburger Mac
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
929 Keebler Elf Grahams

20 227 BBQ Chicken & Cheese Wrap
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
992 Oatmeal Cookie

27 263 5" Round Cheese Pizza
634 Hash Browns
670 Fresh Fruit



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www.nutritionaldevelopmentservices.org

Archdiocese of Philadelphia

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