



OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5
From St. Peter the Apostle School

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>253 Hot Dog with French Fries & 907 Hot Dog Bun 611 Bagged Baby Carrots 540 Garlic Hummus 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p>	<p>2</p> <p>255 Cheese Stuffed Breadsticks 622 Marinara Sauce 635 Calypso Crush Vegetable Juice 670 Fresh Fruit</p>	<p>3</p> <p>205 Popcorn Chicken 704 French Fries 670 Fresh Fruit 932 Cinnamon Scooby Snacks</p>	<p>4</p> <p>226 Philly Cheesesteak Pinwheel 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice</p>	<p>5</p> <p>210 Crispy Chicken Filet & 914 Hamburger Bun 631 Cherry Star Vegetable Juice 670 Fresh Fruit 620 Salsa 941 Tostitos Scoops</p>
<p>8</p> <p>234 Chicken Tenders with Potato Wedges 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 904 Wheat Bread</p>	<p>9</p> <p>201 Cheeseburger 704 French Fries 749 Apple-Cherry Juice 914 Hamburger Bun</p>	<p>10</p> <p>233 Popcorn Chicken with Sweet & Sour Broccoli 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 914 Hamburger Bun</p>	<p>11</p> <p>264 4 x 6" Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit</p>	<p>12</p> <p>251 Chicken Nuggets 634 Hash Brown 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks</p>
<p>15</p> <p>294 Meatballs with Sauce 623 Broccoli 752 Fruit Punch Juice 907 Hot Dog Bun</p>	<p>16</p> <p>281 Salisbury Steak with Gravy 610 Corn 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 914 Hamburger Bun</p>	<p>17</p> <p>253 Hot Dog with French Fries 603 Maple Baked Beans 670 Fresh Fruit 907 Hot Dog Bun</p>	<p>18</p> <p>263 5" Round Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice</p>	<p>19</p> <p>273 Rotini Bake 670 Fresh Fruit 908 Dinner Roll</p>
<p>22</p> <p>275 BBQ Chicken Filet & 914 Hamburger Bun 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit</p>	<p>23</p> <p>234 Chicken 670 Fresh Fruit 620 Salsa 941 Tostitos Scoops</p>	<p>24</p> <p>255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit</p>	<p>25</p> <p>205 Popcorn Chicken 704 French Fries 749 Apple-Cherry Juice 932 Cinnamon Scooby Snacks</p>	<p>26</p> <p>252 Cheeseburger Macaroni 708 Romaine Salad with Spinach and Chickpeas 752 Fruit Punch Juice</p>
<p>29</p> <p>201 Cheeseburger 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 670 Fresh Fruit 914 Hamburger Bun</p>	<p>30</p> <p>271 Spaghetti & Meatballs 670 Fresh Fruit 908 Dinner Roll</p>	<p>31</p> <p>251 Chicken Nuggets 634 Hash Brown 611 Bagged Baby Carrots 686 Chil'in Bat Water Ice 993 Pumpkin Cookie</p>	<p>1</p> <p>NO SCHOOL</p>	<p>2</p> <p>NO SCHOOL</p>

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.