

NOVEMBER 2018

"Bite into a healthy lifestyle" --- Winning slogan by Natalie Cardillo, grade 5
From St. Monica 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.

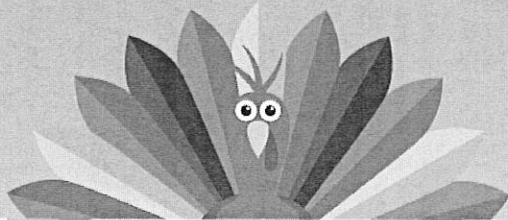
Monday

Tuesday

Wednesday

Thursday

Friday



5
289 Pancakes with Sausage
634 Hash Brown
635 Calypso Crush Vegetable Juice
608 Dole Tropical Fruit Cup

6
252 Cheeseburger Macaroni
611 Bagged Baby Carrots
545 Cranberry Orange Hummus
749 Apple-Cherry Juice

7
234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
670 Fresh Fruit
990 Chocolate Chip Cookie

8
263 5" Round Cheese Pizza
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

9
294 Meatballs with Sauce
708 Romaine Salad with Spinach and Chickpeas
670 Fresh Fruit
990 Panini Bread

12
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

13
255 Cheese Stuffed Breadsticks
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

14
205 Popcorn Chicken
704 French Fries
670 Fresh Fruit
932 Cinnamon Scooby Snacks

15
226 Philly Cheesesteak Pinwheel
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice

16
210 Crispy Chicken Filet & 914 Hamburger Bun
631 Cherry Star Vegetable Juice
670 Fresh Fruit
620 Salsa
941 Tostitos Scoops

19
234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup
904 Wheat Bread

20
222 Sliced Turkey with Mashed Potatoes, Stuffing, and Gravy
624 Garlic Green Beans
635 Calypso Crush Vegetable Juice
684 Wild Watermelon Applesauce
903 Maple Biscuit
993 Leaf Cookie

21
**NOON DISMISSAL
NO LUNCH**

22
**Happy
Thanksgiving**

23
**Happy
Thanksgiving**

26
255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
689 Orange Mango Applesauce

27
234 Chicken Tenders with Potato Wedges
609 Dole Mixed Fruit Cup
620 Salsa
941 Tostitos Scoops

28
275 BBQ Chicken Filet & 914 Hamburger Bun
611 Bagged Baby Carrots
545 Cranberry Orange Hummus
670 Fresh Fruit

29
205 Popcorn Chicken
704 French Fries
749 Apple-Cherry Juice
932 Cinnamon Scooby Snacks

30
252 Cheeseburger Macaroni
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice

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