

# October 2016

"Start your day a healthy way."  
- Winning slogan by Princesa at Holy Innocents 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

**3**  
282 Chicken Fries with Tri-Tators  
603 Maple Baked Beans  
670 Fresh Fruit  
907 Hot Dog Bun

**10**  
215 Gorditas Chipotle Chicken Fold 'N' Go  
524 Corn Cobbette  
631 Cherry Star Vegetable Juice  
658 Dried Fruit Blend

**17**  
204 Chicken Parmesan  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
914 Hamburger Bun

**24**  
213 Chicken Taco  
631 Cherry Star Vegetable Juice  
752 Fruit Punch Juice  
918 Pita Pocket

### Tuesday

**4**  
Turkey Hoagie on Bun  
Fresh Fruit  
Chilled Black Bean Corn Salad

**11**  
Turkey & Cheese Deli Sandwich  
Fresh Fruit  
Grandma's Potato Salad

**18**  
Beef Bologna & Cheese on Wheat Bread  
Fresh Fruit  
Garbanzo Bean Salad

**25**  
Chicken Caesar Wrap  
Fresh Fruit  
Fiesta Corn Sala

### Wednesday

**5**  
Beef Bologna & Cheese on Wheat Bread  
Fresh Fruit  
Grandma's Potato Salad

**12**  
Chicken Cesar Wrap  
Fresh Fruit  
Creamy Cole Slaw

**19**  
Chicken Salad on Wheat Bun  
Fresh Fruit  
Grandma's Potato Salad

**26**  
Rotini Pasta Salad with Tuna  
Fresh Fruit  
Spinach

### Thursday

**6**  
252 Cheeseburger Mac  
643 Glazed Carrots  
606 Fresh Romaine Salad  
670 Fresh Fruit

**13**  
205 Popcorn Chicken  
704 French Fries  
670 Fresh Fruit  
992 Oatmeal Cookie

**20**  
228 Turkey Club Combo  
611 Bagged Baby Carrots  
543 Blazin' Buffalo Hummus

**27**  
251 Breaded Chicken Nuggets  
611 Bagged Baby Carrots  
542 Harvest Pumpkin Hummus  
670 Fresh Fruit

### Friday

**7**  
204 Chicken Parmesan  
631 Cherry Star Vegetable Juice  
623 Chopped Broccoli  
750 Apple Juice  
914 Hamburger Bun

**14**  
200 Hamburger OR  
201 Cheeseburger  
606 Fresh Romaine Salad  
603 Maple Baked Beans  
749 Apple Cherry Juice  
914 Hamburger Bun

**21**  
**NO SCHOOL**

**28**  
255 Cheese Stuffed Breadsticks  
682 Marinara Sauce  
606 Fresh Romaine Salad  
685 Rosati Italian Water Ice

 facebook.com/NDSSchoolLunchProgram  
[www.nutritionaldevelopmentsservices.org](http://www.nutritionaldevelopmentsservices.org)

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