

September 2017

"Train your brain by eating your grains!" -
 Winning slogan by Dionela at St. Joseph Pro-Cathedral 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

4



218 Mozzarella Pinwheel OR
 223 Veggie Pinwheel
 682 Marinara Sauce
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit

11

18

269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
 603 Maple Baked Beans
 670 Fresh Fruit
 919 "Frozen" Cinnamon Grahams
 670 Fresh Fruit

25

253 Hot Dog with French Fries & 907 Hot Dog Bun
 603 Maple Baked Beans
 749 Apple Cherry Juice

Tuesday

5

402 Spaghetti with Meatballs
 750 Apple Juice
 908 Dinner Roll

12

282 Chicken Fries with Tri-Tators
 603 Maple Baked Beans
 752 Fruit Punch Juice
 990 Chocolate Chip Cookie

19

252 Cheeseburger Mac
 611 Bagged Baby Carrots
 631 Cherry Star Vegetable Juice
 688 Applesauce

26

402 Spaghetti with Meatballs
 750 Apple Juice
 908 Dinner Roll

Wednesday

6

255 Cheese Stuffed Breadsticks
 682 Marinara Sauce
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit

13

217 Teriyaki Chicken with Rice
 625 Sweet Maple Carrots
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit

20

207 Rib-B-Que
 524 Corn Cobbette
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 914 Hamburger Bun

27

204 Chicken Parmesan
 524 Corn Cobbette
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 914 Hamburger Bun

Thursday

7

205 Popcorn Chicken
 704 French Fries
 749 Apple Cherry Juice
 992 Oatmeal Cookie

14

210 Crispy Chicken Fillet
 634 Hash Browns
 606 Fresh Romaine Salad
 651 Fresh Watermelon
 914 Hamburger Bun

21

251 Chicken Nuggets
 704 French Fries
 670 Fresh Fruit
 932 Scooby Snacks

28

200 Hamburger
 914 Hamburger Bun
 611 Bagged Baby Carrots
 606 Fresh Romaine Salad
 653 Fresh Mango

Friday

8

215 Gordita Chipotle Chicken
 Fold 'N' Go
 606 Fresh Romaine Salad
 611 Bagged Baby Carrots
 608 Dole Tropical Fruit Cup

15

294 Meatballs with Sauce 624
 Mediterranean Green Beans
 694 Kiwi & Strawberry Sidekick
 907 Hot Dog Bun

22

EARLY DISMISSAL
 NO Lunch

29

223 Veggie Pinwheel OR
 219 Turkey Pepperoni Pinwheel
 682 Marinara Sauce
 631 Cherry Star Vegetable Juice
 695 Strawberry Mango Sidekick