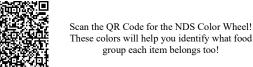


"Life is short – eat more fruits and veggies" - By Makenzie M, 7th grade St. Francis of Assisi

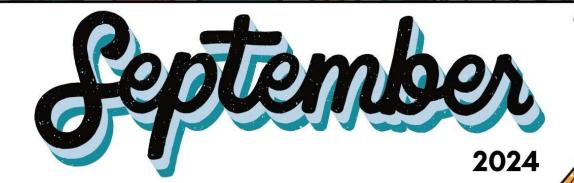
Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain. Monday Tuesday Wednesday Thursday Friday 2 3 5 6 206 French Toast w. 268 French Bread Cheese 215 Taco Stick 202 Cheeseburger w. Bun OR Sausage Pizza V 221 Two Cheese Chicken 286 Penne w. Meat Sauce & Cheese Veggies 269 Pizza Calzone V 208 Mini Corn Dogs **Quesadilla** & 909 Dinner Roll 232 Buffalo Chicken & 242 Chicken Turkey Ham & Cheddar on Brioche Bun Cheese Wedge Sandwich 708 Spinach & Romaine 623 Tater Tots 611 Bagged Carrots 620 Salsa Salad w. Chickpeas 634 Ruby Rusher Vegetable **625** Corn 543 Red Pepper Hummus Juice 609 Dole Mixed Fruit Cup 633 Sunset Sip Vegetable 749 Apple Cherry Juice Juice 670 Fresh Fruit 941 Tostito Scoops 670 Fresh Fruit OR 928 Goldfish Pretzels 682 Bananas 10 13 9 11 12 272 Buffalo Chicken 257 Mozzarella Sticks V 217 Spicy Grilled Cheese V 207 Cheese Ravioli V 281 Popcorn Chicken w/ & 903 Maple Biscuits Calzone Roasted Potatoes 204 Chicken Nuggets 226 Philly Cheese Steak OR 255 Pizzaboli V 225 Ciabatta Cheese Melt V Pinwheel 263 Round Cheese Pizza V OR OR OR & 632 Wango Mango 234 Turkey Ham & Two Vegetable Juice 233 Rotisserie Chicken & **227** Turkey Ham, Turkey Mozzarella on Brioche Bun Cheese on Roll Pepp & Cheese Sub 541 Chocolate Brownie 620 Salsa 706 Romaine Salad w. Cherry 611 Bagged Carrots 623 Tater Tots 631 Cherry Star Vegetable Hummus Tomatoes 546 Cheesy Pizza Hummus 633 Sunset Sip Vegetable Juice 648 Strawberry Gello Cups Juice 670 Fresh Fruit OR 752 Fruit Punch Juice 697 Bagged Apple Slices 929 Chocolate Tiger Bites 670 Fresh Fruit 682 Bananas 927 Dinner Rolls 17 20 16 18 19 205 Popcorn Chicken 271 Cheeseburger Calzone 223 Veggie Pinwheel V 264 4x6 Cheese Pizza V 210 Cheese Stuffed & 625 Corn & 988 Breadsticks V 218 Mozzarella Pinwheel V Cinnamon Graham Crackers 203 Mini Pepperoni 283 Chicken Tenders w/ & 622 Marinara Sauce Calzone 288 Mac & Cheese w. OR OR 216 Spicy Taco Stick Broccoli V & 620 Salsa 238 Chicken, Turkey Pepp **404** Italian Combo Wrap & 909 Dinner Rolls &941 Tostito Scoops & Cheese Croissant 623 Tater Tots 611 Bagged Carrots 708 Spinach & Romaine 633 Sunset Sip Vegetable Juice 630 Dragon Punch Vegetable 634 Ruby Rusher Vegetable Salad w. Chickpeas 543 Red Pepper Hummus 657 Strawberry Craisins Juice Juice 670 Fresh Fruit OR 750 Apple Juice 670 Fresh Fruit 644 Dole Pear Cup 682 Bananas 930 Cheez-Its 937 Apple Cinnamon Bear Grahams 27 23 24 25 26 280 Hamburger w/ Green 219 Turkey Pepperoni 209 Taco Meat 268 French Bread Pizza V **204** Chicken Nuggets & 915 Hamburger Bun Pinwheel OR 263 5" Round Cheese PizzaV 206 French Toast w. & 915 Hamburger Bun 215 Taco Stick OR 257 Mozzarella Sticks V Sausage & 941 Tostito Scoops 269 Pizza Calzone V 288 Turkey Ham & Cheese Sub 230 Turkey & Mozzarella on Flatbread 620 Salsa 622 Marinara Sauce 623 Tater Tots 706 Romaine Salad w. Cherry 541 Chocolate Brownie Hummus 634 Ruby Rusher Vegetable 630 Dragon Punch Vegetable Tomatoes 611 Bagged Carrots 670 Fresh Fruit Juice Juice 670 Fresh Fruit OR 543 Red Pepper Hummus 659 Watermelon Craisins 670 Fresh Fruit 752 Fruit Punch Juice 651 Mango Pineapple Smoothie 682 Bananas 990 Chocolate Chip Cookie **Bowl**

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, 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





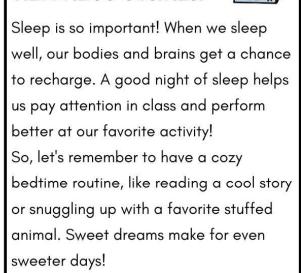




DEAR PARENTS, CAREGIVERS, & STUDENTS

Welcome back to another amazing school year! We hope everyone had a wonderful and relaxing summer. As we settle back into the school year routine remember to make healthy food choices! Whether you're hitting the playground or diving into your favorite books, remember to stay positive and patient when getting into your school year groove.

WELLNESS CORNER



BREAKFAST Breakfast is the mo

Breakfast is the most important meal of the day! Eating breakfast improves energy levels and the ability to concentrate. NDS provides students will a well-balanced breakfast to get them ready for the school day! Each breakfast consists of a whole grain entree, two servings of fruit, and a half pint of low-fat or fat-free milk. Make sure to stop by your schools cafeteria in the morning to get your delicious breakfast!

PRAYER CORNER

Bless our schools with laughter and learning. Help our teachers teach well and help us to learn with joy. Thank You for all You give us each day. Amen.

FOLLOW US!



schoolmealsnds



NDS School Lunch Program