





ELEMENTARY SCHOOL COLD LUNCH

OCTOBER 2024

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
30 237 Italian Sandwich 620 Salsa 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 941 Tostito Scoops	1 236 Turkey & Two Cheese Wedge Sandwich 611 Bagged Carrots 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup	2 227 Turkey Ham, Turkey Pepp & Cheese Sub 601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit	3 261 Soy Butter & Jelly Sandwich 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 932 Cinnamon Scooby Snacks	4 229 Turkey Ham & Cheese Croissant 622 Marinara Cup 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 927 Cheddar Goldfish 
7 237 Italian Sandwich 620 Salsa 632 Wango Mango Vegetable Juice 648 Strawberry Gello Cups 941 Tostito Scoops	8 233 Rotisserie Chicken & Mozzarella on Broche Bun 602 PA Dutch Potato Salad 546 Cheesy Pizza Hummus 659 Watermelon Craisins 939 Heartzel Pretzels	9 228 Turkey Ham & Cheese Sub 708 Romaine Salad w. Chickpeas 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	10 232 Buffalo Chicken & Cheddar on Brioche Bun 611 Bagged Carrots 631 Cherry Star Vegetable Juice 670 Fresh Fruit OR 682 Bananas	11 229 Turkey Ham & Cheese Croissant 621 Celery 634 Ruby Rusher Vegetable Juice 543 Red Pepper Hummus 752 Fruit Punch Juice 932 Cinnamon Scooby Snacks
14 404 Italian Combo Wrap 620 Salsa 631 Cherry Star Vegetable Juice 654 Raspberry Lemonade Craisins 941 Tostito Scoops  NATIONAL SCHOOL LUNCH WEEK	15 261 Soy Butter & Jelly Sandwich 621 Celery 630 Dragon Punch Vegetable Juice 749 Apple Cherry Juice 934 Dino Bites	16 229 Turkey Ham & Cheese Croissant 602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 928 Goldfish Pretzels	17 242 Chicken & Turkey Ham & Cheese Wedge Sandwich 611 Bagged Carrots 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup 682 Banana	18 232 Buffalo Chicken Breast & Cheddar on Broche Bun 708 Spinach Salad w. Chickpeas 670 Fresh Fruit  FIND YOUR TREASURE!
21 233 Rotisserie Chicken & Mozzarella on Brioche Bun 601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 927 Cheddar Goldfish	22 236 Turkey & Two Cheese Wedge Sandwich 620 Salsa 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 941 Tostito Scoops	23 227 Turkey Ham, Turkey Pepp & Cheese Sub 611 Bagged Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice	24 234 Turkey Ham & Two Cheese on Roll 706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 931 Cinnamon Bug Bites	25 228 Turkey Ham & Cheese Sub 634 Ruby Rusher Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gel Cup 929 Chocolate Tiger Bites
28 232 Buffalo Chicken Breast & Cheddar on Broche Bun 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 941 Tostito Scoops	29 261 Soy Butter & Jelly Sandwich 621 Celery 633 Sunset Sip Vegetable Juice 657 Strawberry Craisins 988 Cinnamon Graham Crackers	30 238 Chicken Turkey Pepperoni & Cheese Croissant 611 Bagged Carrots 534 Red Pepper Hummus 750 Apple Juice	31 404 Italian Combo Wrap 708 Spinach & Romaine Salad w/ Chickpeas 670 Fresh Fruit OR 682 Bananas 993 Pumpkin Cookie	1 227 Turkey Ham, Turkey Pepp & Cheese Sub 634 Ruby Rusher Vegetable Juice 602 PA Dutch Potato Salad 644 Pear Cup 936 Vanilla Bear Grahams 

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 business hours.



October

2024

DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!



PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!



PRAYER CORNER

Thank you for the food you provide for us and all those who have helped to bring it to us. May the sharing of this meal strengthen the bonds of friendship, hope and trust between us. Amen.

FOLLOW US!



schoolmealsnds



NDS School Lunch Program