





HIGH 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
<p style="text-align: right;">30</p> <p>237 Italian Sandwich</p> <p>620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins 941 Tostito Scoops</p>	<p style="text-align: right;">1</p> <p>236 Turkey & Two Cheese Wedge Sandwich</p> <p>611 Bagged Carrots 632 Wango Mango Vegetable Juice 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch</p>	<p style="text-align: right;">2</p> <p>227 Turkey Ham, Turkey Pepp & Cheese Sub</p> <p>601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p style="text-align: right;">3</p> <p>261 Soy Butter & Jelly Sandwich</p> <p>708 Spinach Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit OR 682 Bananas 932 Cinnamon Scooby Snacks</p>	<p style="text-align: right;">4</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>622 Marinara Cup 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 649 Orange Gel Cup 927 Cheddar Goldfish</p> <div style="text-align: right;"></div>
<p style="text-align: right;">7</p> <p>237 Italian Sandwich</p> <p>620 Salsa 632 Wango Mango Vegetable Juice 648 Strawberry Gello Cups 670 Fresh Fruit 941 Tostito Scoops</p>	<p style="text-align: right;">8</p> <p>233 Rotisserie Chicken & Mozzarella on Broche Bun</p> <p>602 PA Dutch Potato Salad 630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 445 Mott's Fruit Punch 659 Watermelon Craisins 939 Heartzel Pretzels</p>	<p style="text-align: right;">9</p> <p>228 Turkey Ham & Cheese Sub</p> <p>611 Bagged Carrots 708 Romaine Salad w. Chickpeas 670 Fresh Fruit 691 Strawberry Apple Crisp 937 Apple Cinnamon Bear Grahams</p>	<p style="text-align: right;">10</p> <p>232 Buffalo Chicken & Cheddar on Brioche Bun</p> <p>611 Bagged Carrots 631 Cherry Star Vegetable Juice 670 Fresh Fruit OR 682 Bananas 688 Orange Mango Applesauce</p>	<p style="text-align: right;">11</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>621 Celery 634 Ruby Rusher Vegetable Juice 543 Red Pepper Hummus 446 Mott's Apple Juice 608 Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p>
<p style="text-align: right;">14</p> <p>404 Italian Combo Wrap</p> <p>620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 654 Raspberry Lemonade Craisins 941 Tostito Scoops</p> <div style="text-align: right;"></div> <p style="text-align: right; font-size: small;">NATIONAL SCHOOL LUNCH WEEK</p>	<p style="text-align: right;">15</p> <p>261 Soy Butter & Jelly Sandwich</p> <p>621 Celery 630 Dragon Punch Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 934 Dino Bites</p>	<p style="text-align: right;">16</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins 928 Goldfish Pretzels</p>	<p style="text-align: right;">17</p> <p>242 Chicken & Turkey Ham & Cheese Wedge Sandwich</p> <p>611 Bagged Carrots 631 Cherry Star Vegetable Juice 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice 682 Banana</p>	<p style="text-align: right;">18</p> <p>232 Buffalo Chicken Breast & Cheddar on Broche Bun</p> <p>708 Spinach Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch</p> <div style="text-align: center;"> FIND YOUR TREASURE!</div>
<p style="text-align: right;">21</p> <p>233 Rotisserie Chicken & Mozzarella on Brioche Bun</p> <p>601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 927 Cheddar Goldfish</p>	<p style="text-align: right;">22</p> <p>236 Turkey & Two Cheese Wedge Sandwich</p> <p>620 Salsa 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 446 Mott's Apple Juice 941 Tostito Scoops</p>	<p style="text-align: right;">23</p> <p>227 Turkey Ham, Turkey Pepp & Cheese Sub</p> <p>632 Wango Mango Vegetable Juice 611 Bagged Carrots 546 Cheesy Pizza Hummus 657 Strawberry Craisins 670 Fresh Fruit</p>	<p style="text-align: right;">24</p> <p>234 Turkey Ham & Two Cheese on Roll</p> <p>621 Celery 708 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice</p>	<p style="text-align: right;">25</p> <p>228 Turkey Ham & Cheese Sub</p> <p>634 Ruby Rusher Vegetable Juice 611 Bagged Carrots 541 Chocolate Brownie Hummus 648 Strawberry Gel Cup 670 Fresh Fruit 929 Chocolate Tiger Bites</p>
<p style="text-align: right;">28</p> <p>232 Buffalo Chicken Breast & Cheddar on Broche Bun</p> <p>620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostito Scoops</p>	<p style="text-align: right;">29</p> <p>261 Soy Butter & Jelly Sandwich</p> <p>621 Celery 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins</p>	<p style="text-align: right;">30</p> <p>238 Chicken Turkey Pepperoni & Cheese Croissant</p> <p>611 Bagged Carrots 534 Red Pepper Hummus 446 Mott's Apple Juice 670 Fresh Fruit</p>	<p style="text-align: right;">31</p> <p>404 Italian Combo Wrap</p> <p>632 Wango Mango Vegetable Juice 708 Spinach & Romaine Salad w/ Chickpeas 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Juice 993 Pumpkin Cookie</p>	<p style="text-align: right;">1</p> <p>227 Turkey Ham, Turkey Pepp & Cheese Sub</p> <p>634 Ruby Rusher Vegetable Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 644 Pear Cup 936 Vanilla Bear Grahams</p> <div style="text-align: right;"></div>

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