




MIDDLE SCHOOL HOT 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 |
|--|---|--|--|---|
| 30 255 PizzaBoli V OR 203 Mini Pepperoni Calzone OR 268 French Bread Cheese Pizza V OR 237 Italian Sandwich 620 Salsa 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 670 Fresh Fruit 941 Tostito Scoops | 1 208 Mini Corn Dogs OR 225 Ciabatta Cheese Melt V OR 236 Turkey & Two Cheese Wedge 611 Bagged Carrots 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup 670 Fresh Fruit | 2 226 Philly Cheese Steak Pinwheel OR 217 Spicy Grilled Cheese V OR 263 5" Round Cheese Pizza V 623 Tater Tots 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice | 3 221 Two Cheese, Chicken Quesadilla OR 274 Toasted Cheese Sandwich V OR 261 Soy Butter & Jelly Sandwich V 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice 932 Scooby Snacks-Cinnamon | 4 264 4x6 Cheese Pizza V OR 218 Mozzarella Pinwheel V 622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 649 Orange Gel Cup 670 Fresh Fruit 927 Cheddar Goldfish |
| 7 205 Popcorn Chicken OR 271 Cheeseburger Calzone OR 232 Buffalo Chicken & Cheddar on Brioche Bun 611 Bagged Carrots 543 Red Pepper Hummus 670 Fresh Fruit 445 Mott's Fruit Punch Juice 939 Heartzel Pretzels | 8 257 Mozzarella Sticks V OR 210 Cheese Stuffed Breadsticks V OR 268 French Bread Cheese Pizza OR 236 Turkey & Two Cheese Wedge 622 Marinara Sauce 632 Wango Mango Vegetable Juice 649 Orange Gel Cup 670 Fresh Fruit | 9 200 Hamburger OR 201 Cheeseburger OR 238 Chicken, Turkey Pepp & Cheese Croissant 603 Baked Beans 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice | 10 268 French Bread Pizza V OR 263 5" Round Cheese Pizza V OR 264 4x6 Cheese Pizza V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun 706 Romaine Salad w. Cherry Tomatoes 631 Cherry Star Vegetable Juice 670 Fresh Fruit OR 682 Bananas 659 Watermelon Craisins 932 Scooby Snacks-Cinnamon | 11 284 Chicken Alfredo, Penne & Broccoli V OR 206 French Toast w. Sausage 623 Tater Tots 630 Dragon Punch Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 909 Dinner Rolls |
| 14 210 Cheese Stuffed Breadsticks & 934 Dino Bites OR 288 Mac & Cheese w. Broccoli V & 901 Honey Biscuits 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit  | 15 215 Beef & Cheese Taco Stick OR 221 Two Cheese Chicken Quesadilla OR 263 5" Round Cheese Pizza V 620 Salsa 625 Corn 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostito Scoops | 16 206 French Toast w. Sausage OR 269 Pizza Calzone V 623 Tater Tots 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 928 Goldfish Pretzels | 17 202 Cheeseburger w. Bun OR 286 Penne w. Meat Sauce & Cheese Veggies & 909 Dinner Roll OR 264 4x6 Cheese Pizza V OR 242 Chicken Turkey Ham & Cheese Wedge Sandwich 611 Bagged Carrots 543 Red Pepper Hummus 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice | 18 268 French Bread Cheese Pizza V OR 208 Mini Corn Dogs OR 232 Buffalo Chicken & Cheddar on Brioche Bun 708 Spinach & Romaine Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice  FIND YOUR TREASURE! |
| 21 272 Buffalo Chicken Calzone OR 225 Ciabatta Cheese Melt V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun OR 268 French Bread Cheese Pizza 620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice | 22 257 Mozzarella Sticks V OR 204 Chicken Nuggets 623 Tater Tots 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 693 Raspberry Lemonade Sidekick 928 Goldfish Pretzels | 23 217 Spicy Grilled Cheese V OR 226 Philly Cheese Steak Pinwheel OR 264 4x6 Cheese Pizza V OR 227 Turkey Ham, Turkey Pepp & Cheese Sub 611 Bagged Carrots 630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 654 Strawberry Craisins 670 Fresh Fruit | 24 207 Cheese Ravioli V & 903 Maple Biscuits OR 255 Pizzaboli V OR 234 Turkey Ham & Two Cheese on Roll 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice | 25 281 Popcorn Chicken w/ Roasted Potatoes OR 263 5" Round Cheese Pizza V & 632 Wango Mango Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 670 Fresh Fruit 929 Chocolate Tiger Bites |
| 28 205 Popcorn Chicken & 650 Strawberry Banana Smoothie Bowl OR 215 Taco Stick & 620 Salsa OR 268 French Bread Cheese Pizza 623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams | 29 271 Cheeseburger Calzone & 625 Corn & 988 Cinnamon Graham Crackers OR 288 Mac & Cheese w. Broccoli V & 909 Dinner Rolls 633 Sunset Sip Vegetable Juice 657 Strawberry Craisins 670 Fresh Fruit | 30 223 Veggie Pinwheel V OR 203 Mini Pepperoni Calzone OR 238 Chicken, Turkey Pepp & Cheese Croissant OR 263 5" Round Cheese Pizza V 611 Bagged Carrots 632 Wango Mango Vegetable Juice 543 Red Pepper Hummus 687 Rosati "Chillin Bat" Ice 670 Fresh Fruit | 31 264 4x6 Cheese Pizza V OR 283 Chicken Tenders w/ Corn OR 404 Italian Combo Wrap & 546 Cheesy Pizza Hummus 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Juice 933 Pumpkin Cookie | 1 210 Cheese Stuffed Breadsticks V OR 216 Spicy Taco Stick & 620 Salsa 622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup 670 Fresh Fruit 941 Tostito Scoops  |

V= Vegetarian Options

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.

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schoolmealsnds



NDS School Lunch Program