

HIGH SCHOOL COLD LUNCH NOVEMBER 2024

Good Food, Good Mood – You gotta nourish the body" - Gabby M, 7th grade @ Drexel Neumann Academy

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>4</p> <p>236 Turkey & Two Cheese Wedge Sandwich</p> <p>611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 534 Red Pepper Hummus 608 Dole Tropical Fruit Cup 670 Fresh Fruit</p>	<p>5</p> <p>229 Turkey Ham & Cheese Croissant</p>  <p>601 Homestyle Potato Salad 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>6</p> <p>242 Chicken Turkey Ham & Cheese Wedge Sandwich</p>  <p>620 Salsa 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 941 Tostitos Scoops</p>	<p>7</p> <p>228 Turkey Ham & Cheese Sub</p> <p>621 Celery Sticks 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 684 Mixed Berry Applesauce</p>	<p>8</p> <p>404 Italian Combo Wrap</p> <p>634 Ruby Rusher Vegetable Juice 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 446 Mott's Apple Juice 670 Fresh Fruit 936 Vanilla Bear Grahams</p>
<p>11</p> <p>237 Italian Sandwich</p>  <p>620 Salsa 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 670 Fresh Fruit 941 Tostitos Scoops</p>	<p>12</p> <p>236 Turkey & Two Cheese Wedge Sandwich</p> <p>611 Bagged Baby Carrots 632 Wango Mango Vegetable Juice 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice</p>	<p>13</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p>  <p>601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>14</p> <p>261 Soy Butter & Jelly Sandwich</p>  <p>708 Spinach & Romaine Salad w/ Chickpeas 670 Fresh Fruit 447 Mott's Apple White Grape 932 Cinnamon Scooby Snacks</p>	<p>15</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>622 Marinara 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 649 Orange Gel Cup 927 Cheddar Goldfish</p>
<p>18</p> <p>237 Italian Sandwich</p> <p>620 Salsa 632 Wango Mango Vegetable Juice 648 Strawberry Gel Cup 670 Fresh Fruit 941 Tostitos Scoops</p>	<p>19</p> <p>233 Rotisserie Chicken & Mozzarella on Brioche Bun</p> <p>602 PA Dutch Potato Salad 630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 659 Watermelon Craisins 445 Mott's Fruit Punch Juice 942 Multigrain Sunchips</p>	<p>20</p> <p>232 Buffalo Chicken Breast & Cheddar on Broche Bun</p> <p>611 Bagged Baby Carrots 631 Cherry Star Vegetable Juice 670 Fresh Fruit 688 Orange Mango Applesauce</p>	<p>21</p> <p>228 Turkey Ham & Cheese Sub</p> <p>708 Spinach & Romaine Salad w/ Chickpeas 611 Bagged Baby Carrots 670 Fresh Fruit 691 Strawberry Apple Crips 937 Apple Cinnamon Bear Grahams</p>	<p>22</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>621 Celery Sticks 634 Ruby Rusher Vegetable Juice 543 Red Pepper Hummus 446 Mott's Apple Juice 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p>
<p>25</p> <p>242 Chicken Turkey Ham & Cheese Wedge Sandwich</p> <p>602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins 928 Pretzel Goldfish</p>	<p>26</p> <p>261 Soy Butter & Jelly Sandwich</p> <p>611 Bagged Baby Carrots 630 Dragon Punch Vegetable Juice 749 Apple Cherry Juice 445 Mott's Fruit Punch Juice 934 Dino Bites</p>	<p>27</p> <p>404 Italian Combo Wrap</p> <p>620 Salsa 631 Cherry Star Vegetable Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit 941 Tostitos Scoops</p>	<p>28</p>  	<p>29</p>

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.

Nutritional Development Services
Archdiocese of Philadelphia
222 N 17th St, Philadelphia, PA 19103
215-895-3470, option 1



November

2024

Dear Parents, Caregivers, & Students,

As we *Fall* into the holiday season, NDS encourages everyone to maintain their healthy habits! For many families, the holiday season can be one of the busiest times of the year. Eating a well-balanced diet, exercising, and taking time for yourself can help ensure your family stays healthy while partaking in all the fun and festive experiences the season offers!

Fall Produce

Many fruits and vegetables can be enjoyed throughout the year, but these fall produce are especially fresh, tasty, and nutritious during peak season. Here are a few that you might enjoy sharing during November:

Apples 

 Pears

Broccoli 

 Cauliflower

Be Thankful!

November is National Gratitude Month, a time to celebrate and give thanks. It's a chance to reflect on what you're grateful for and to acknowledge the goodness in your life. Throughout the month, take some time to think of everything you are thankful for, and share that gratitude with others.

NDS is very grateful for the ability to provide our students with nutritious meals!

Prayer Corner

Thank you for Your gift of salvation and Your many promises that bring me hope, peace, and joy. May I see today all I have to be thankful for.
Amen.



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 NDS School Lunch Program

