

HIGH SCHOOL HOT 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>219 Turkey Pepperoni Pinwheel OR 257 Mozzarella Sticks V OR 232 Buffalo Chicken & Cheddar on Brioche Bun</p> <p>622 Marinara Cup 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch</p>	<p>5</p> <p>280 Hamburger with Green Beans & 915 Wheat Hamburger Buns OR 269 Cheese Pizza Calzone V OR 242 Chicken Turkey Ham & Cheese Wedge Sandwich</p> <p>611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 543 Red Pepper Hummus 651 Mango Pineapple Smoothie Bowl 670 Fresh Fruit</p>	<p>6</p> <p>209 Taco Meat & 941 Tostitos Scoops OR 215 Beef & Cheese Taco Stick & 941 Tostitos Scoops OR 212 Taco Triangles OR 236 Turkey & Two Cheese Wedge </p> <p>620 Salsa Cup 634 Ruby Rusher Vegetable Juice 541 Chocolate Hummus 659 Watermelon Craisins 670 Fresh Fruit</p>	<p>7</p> <p>268 French Bread Pizza V OR 288 Mac & Cheese w/ Broccoli & 909 Dinner Rolls OR 263 5" Round Cheese Pizza V</p> <p>708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 684 Mixed Berry Applesauce</p>	<p>8</p> <p>204 Chicken Nuggets OR 206 French Toast w. Sausage</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 446 Mott's Apple Juice 670 Fresh Fruit 990 Chocolate Chip Cookie</p>
<p>11</p> <p>208 Mini Corn Dogs OR 225 Ciabatta Cheese Melt Sandwich V OR 236 Turkey & Two Cheese Wedge</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 670 Fresh Fruit</p> <p>VETERANS DAY HONORING ALL WHO SERVED</p>	<p>12</p> <p>255 Pizzaboli V OR 203 Mini Pepperoni Calzone OR 237 Italian Sandwich OR 268 French Bread Cheese Pizza V</p> <p>620 Salsa Cup 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 670 Fresh Fruit 941 Tostito Scoops</p>	<p>13</p> <p>257 Mozzarella Sticks OR 217 Spicy Grilled Cheese V OR 263 5" Round Cheese Pizza V</p> <p>702 Potato Smiles  631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p> <p>World Kindness Day! </p>	<p>14</p> <p>221 Two Cheese, Chicken Quesadilla OR 274 Toasted Cheese Sandwich V OR 261 Soy Butter & Jelly Sandwich V </p> <p>708 Spinach Salad w. Chickpeas 541 Chocolate Hummus 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice 932 Cinnamon Scooby Snacks</p>	<p>15</p> <p>212 Taco Triangles  OR 218 Mozzarella Pinwheel V OR 264 4x6 Cheese Pizza</p> <p>634 Ruby Rusher Vegetable Juice 622 Marinara Cup 670 Fresh Fruit 649 Orange Gel Cup 927 Cheddar Goldfish</p>
<p>18</p> <p>205 Popcorn Chicken & 939 Heartzel Pretzels OR 271 Cheeseburger Calzone OR 232 Buffalo Chicken & Cheddar on Brioche Bun</p> <p>611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>19</p> <p>257 Mozzarella Sticks V OR 256 Cheese Stuffed Breadsticks V OR 236 Turkey & Two Cheese Wedge OR 268 French Bread Cheese Pizza</p> <p>622 Marinara Cup 632 Wango Mango Vegetable Juice 649 Orange Gel Cup 670 Fresh Fruit</p>	<p>20</p> <p>200 Hamburger OR 201 Cheeseburger OR 238 Chicken, Turkey Pepp & Cheese Croissant</p> <p>603 Baked Beans 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>21</p> <p>268 French Bread Cheese Pizza V OR 263 5" Round Cheese Pizza V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun 706 Spinach Salad w. Cherry Tomatoes 631 Cherry Star Vegetable Juice 670 Fresh Fruit OR 682 Bananas 659 Watermelon Craisins 932 Cinnamon Scooby Snacks</p>	<p>22</p> <p>206 French Toast w. Sausage & 623 Tater Tots OR 284 Chicken Alfredo, Penne & Broccoli & 909 Dinner Rolls</p> <p>630 Dragon Punch Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit</p>
<p>25</p> <p>210 Cheese Stuffed Breadsticks V & 622 Marinara Cup & 934 Dino Bites OR 288 Mac & Cheese w. Broccoli V & 901 Honey Biscuits 630 Dragon Punch Vegetable Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit</p>	<p>26</p> <p>205 Popcorn Chicken OR 208 Mini Corn Dogs</p> <p>702 Potato Smiles  634 Ruby Rusher Vegetable Juice 689 Strawberry Applesauce 670 Fresh Fruit 993 Turkey Cookie</p>	<p>27</p> <p>215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla OR 263 5" Round Cheese Pizza 620 Salsa Cup 625 Corn 687 Rosati "Givin Thanks" Ice 670 Fresh Fruit 941 Tostito Scoops</p>	<p>28</p> <p>  </p>	<p>29</p>

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.

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

