

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

V= Vegetarian Options



Dear Parents, Caregivers, & Students,

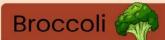
As we into the holiday season, NDS encourages everyone to maintain their healthy habits! For many families, the holiday season can be one of the busiest times of the year. Eating a well-balanced diet, exercising, and taking time for yourself can help ensure your family stays healthy while partaking in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









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.

Follow Us @



