



DECEMBER 2021

"Fruits and Veggies, Greens and Berries, Apples with Cherries,
Eating healthy will make you feel merry!"- From Good Shepard

Nutritional Development Services
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
255 Cheese Stuffed Breadsticks 6 622 Marinara Sauce 633 Sunset Sip Vegetable Juice 685 Rosati Water Ice	234 Chicken Tenders with Potato Wedges 7 623 Broccoli 690 Apple Crisps 932 Cinnamon Scooby Snacks	201 Cheeseburger 8 634 Hash Brown 630 Dragon Punch Vegetable Juice 647 Dole Mandarin Orange Cup 915 Hamburger Bun	272 Four Cheese Panini 9 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice	251 Chicken Nuggets 10 611 Bagged Baby Carrots 541 Chocolate Hummus 609 Dole Mixed Fruit Cup
253 Hot Dog with French Fries 13 603 Maple Baked Beans 658 Cherry Craisins 906 Hot Dog Bun	263 5" Round Cheese Pizza 14 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 691 Strawberry Apple Crisps	270 Chicken Tenders with Mac & Cheese 15 623 Broccoli 630 Dragon Punch Vegetable Juice 750 Apple Juice 909 Dinner Roll	205 Popcorn Chicken 16 704 French Fries 752 Fruit Punch Juice 992 Oatmeal Cookie	275 BBQ Chicken Filet 17 706 Romaine Salad with Cherry Tomatoes 684 Mixed Berry Applesauce 915 Hamburger Bun
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds 20 611 Bagged Baby Carrots 545 Cranberry Orange Hummus 645 Dole Pineapple Cup 993 Holiday Cookie	211 Sloppy Joe 21 624 Garlic Green Beans 686 Rosati Water Ice 915 Hamburger Bun	22 Early Dismissal 11:00 A.M.	23 NO SCHOOL Christmas Break	24 Christmas Eve NO SCHOOL Christmas Break
27 NO SCHOOL Christmas Break	28 NO SCHOOL Christmas Break	29 NO SCHOOL Christmas Break	30 NO SCHOOL Christmas Break	31 NO SCHOOL Christmas Break
263 5" Round Cheese Pizza 3 623 Broccoli 633 Sunset Sip Vegetable Juice 658 Cherry Craisins	234 Chicken Tenders with Potato Wedges 4 631 Cherry Star Vegetable Juice 645 Dole Pineapple Cup 990 Chocolate Chip Cookie	292 Penne Pasta with Meat Sauce 5 659 Watermelon Craisins 993 Holiday Cookie	253 Hot Dog with French Fries 6 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 906 Hot Dog Bun	210 Crispy Chicken Filet 7 635 Calypso Crush Vegetable Juice 611 Bagged Baby Carrots 686 Rosati Water Ice 915 Hamburger Bun



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, Diocese of Camden, 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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.

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