

JANUARY 2022

"Cooking up a better life? Health is your main ingredient."-
From Notre Dame School

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

HAPPY NEW YEAR!

210 Crispy Chicken Filet or BBQ Chicken Filet
633 Sunset Sip Vegetable Juice
611 Bagged Baby Carrots
686 Rosati Water Ice
915 Hamburger Bun

10

217 Teriyaki Chicken with Brown Rice
623 Broccoli
620 Salsa
686 Rosati Water Ice
941 Tostitos Scoops

11

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
630 Dragon Punch Vegetable Juice
608 Dole Tropical Fruit Cup

12

270 Chicken Tenders with Macaroni & Cheese
706 Romaine Salad with Cherry Tomatoes
749 Apple Cherry Juice
990 Chocolate Chip Cookie or Holiday Cookie

13

263 5" Round Cheese Pizza
623 Broccoli
611 Bagged Baby Carrots
658 Cherry Craisins
631 Cherry Star Vegetable Juice

14

NO SCHOOL
Martin Luther
King Jr. Day

17

292 Penne Pasta with Meat Sauce or Curly Cheese Lasagna
639 Corn
633 Sunset Sip Vegetable Juice
659 Watermelon Craisins

18

253 Hot Dog with French Fries
603 Maple Baked Beans
645 Dole Pineapple Cup
906 Hot Dog Bun

19

205 Popcorn Chicken
611 Bagged Baby Carrots
630 Dragon Punch Vegetable Juice
752 Fruit Punch Juice
992 Oatmeal Cookie

20

289 Pancakes with Sausage
634 Hash Browns
632 Wango Mango Vegetable Juice
659 Watermelon Craisins
928 Goldfish Pretzels

21

255 Cheese Stuffed Breadsticks
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
697 Bagged Apple Slices

24

234 Chicken Tenders with Potato Wedges or Chicken Tenders with Macaroni & Cheese
623 Broccoli
690 Apple Crisps
932 Cinnamon Scooby Snacks

25

201 Cheeseburger
634 Hash Brown/Potato Wedges
630 Dragon Punch Vegetable Juice
647 Dole Mandarin Orange Cup
915 Hamburger Bun

26

263 5" Round Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
752 Fruit Punch Juice
990 Chocolate Chip Cookie

27

205 Popcorn Chicken or Mini Corn Dogs with Chicken Nuggets and Potato Rounds
611 Bagged Baby Carrots
541 Chocolate Hummus
686 Rosati Water Ice

28

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.