




ELEMENTARY SCHOOL HOT LUNCH

OCTOBER 2024

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, and grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
30 255 PizzaBoli 620 Salsa 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 941 Tostito Scoops	1 208 Mini Corn Dogs 611 Bagged Carrots 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup	2 225 Ciabatta Cheese Melt V 622 Marinara Sauce 623 Tater Tots 631 Cherry Star Vegetable Juice 670 Fresh Fruit	3 221 Two Cheese, Chicken Quesadilla 708 Spinach & Romaine Salad w. Chickpeas 682 Bananas 932 Scooby Snacks-Cinnamon	4 264 4x6 Cheese Pizza V  622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 749 Apple Cherry Juice 927 Cheddar Goldfish
7 205 Popcorn Chicken 611 Bagged Carrots 543 Red Pepper Hummus 752 Fruit Punch Juice	8 257 Mozzarella Sticks V 622 Marinara Sauce 632 Wango Mango Vegetable Juice 649 Orange Gello Cups	9 210 Cheese Stuffed Breadsticks V 603 Baked Beans 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit	10 263 5" Round Cheese Pizza V 706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 932 Scooby Snacks-Cinnamon	11 206 French Toast w. Sausage 623 Tater Tots 630 Dragon Punch Vegetable Juice 659 Watermelon Craisins 909 Dinner Rolls
14 256 Cheese Stuffed Breadsticks & 934 Dino Bites 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 654 Raspberry Lemonade Craisins  NATIONAL SCHOOL LUNCH WEEK	15 215 Beef & Cheese Taco Stick 620 Salsa 625 Corn 749 Apple Cherry Juice 941 Tostito Scoops	16 269 Pizza Calzone V 623 Tater Tots 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 928 Goldfish Pretzels	17 286 Penne w. Meat Sauce & Cheese Veggies & 909 Dinner Roll 611 Bagged Carrots 543 Red Pepper Hummus 682 Bananas	18 208 Mini Corn Dogs 708 Spinach & Romaine Salad w. Chickpeas 609 Dole Mixed Fruit Cup  FIND YOUR TREASURE!
21 272 Buffalo Chicken Calzone 620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit	22 204 Chicken Nuggets 623 Tater Tots 631 Cherry Star Vegetable Juice 697 Bagged Apple Slices 928 Goldfish Pretzels	23 225 Ciabatta Cheese Melt V 611 Bagged Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice	24 207 Cheese Ravioli V & 903 Maple Biscuits 708 Spinach & Romaine Salad w. Chickpeas 682 Bananas	25 281 Popcorn Chicken w/ Roasted Potatoes 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 929 Chocolate Tiger Bites
28 205 Popcorn Chicken 623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	29 215 Taco Stick & 620 Salsa Cup 623 Tater Tots 630 Dragon Punch Vegetable Juice 657 Strawberry Craisins 929 Chocolate Tiger Bites	30 203 Mini Pepperoni Calzone 611 Bagged Carrots 543 Red Pepper Hummus 687 Rosati "Chillin Bat" Ice	31 238 Chicken, Turkey Pepp & Cheese Croissant 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit 933 Pumpkin Cookie	1 All Saints' Day NO SCHOOL Please attend Mass.

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



October 2024

DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!



PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!



PRAYER CORNER

Thank you for the food you provide for us and all those who have helped to bring it to us. May the sharing of this meal strengthen the bonds of friendship, hope and trust between us. Amen.

FOLLOW US!



schoolmealsnds



NDS School Lunch Program