

LUNCH

Elementary



OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5
From St. Peter the Apostle 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.

Monday

- 1 300 Chicken & Cheese Wrap
- Bagged Baby Carrots
- Artic Hummus
- 20oz Tropical Fruit Cup
- Minnamon Scooby Snacks

Tuesday

- 2 Cheese Stuffed Breadsticks
- Marinara Sauce
- Calypso Crush Vegetable Juice
- Fresh Fruit

Wednesday

- 3 Popcorn Chicken
- French Fries
- Fresh Fruit
- Cinnamon Scooby Snacks

Thursday

- 4 Four Cheese Panini
- Romaine Salad with Spinach & Chickpeas
- Fruit Punch Juice

Friday

- 5 Breadcrumbs, Turkey OR Pepperoni & Mozzarella on a Bun
- Cherry Star Vegetable Juice
- 1 Fresh Fruit
- 1 Salsa
- 5oz Tostitos Scoops

- 8 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
- Cherry Star Vegetable Juice
- Dole Tropical Fruit Cup
- Wheat Bread

- 9 Hamburger OR Cheeseburger
- French Fries
- Apple-Cherry Juice
- Hamburger Bun

- 10 Popcorn Chicken with Sweet & Sour Broccoli
- Bagged Baby Carrots
- Cheesy Pizza Hummus
- Fruit Punch Juice
- Hamburger Bun

- 11 4 x 6" Cheese Pizza
- Romaine Salad with Spinach & Chickpeas
- Fresh Fruit

- 12 Pancakes with Sausage
- 1 Hash Brown
- 1 Calypso Crush Vegetable Juice
- 1 Fresh Fruit
- 1 Cinnamon Scooby Snacks

- 15 Meatballs with Sauce
- Broccoli
- Fruit Punch Juice
- Hamburger Bun

- 16 Rib-B-Que
- Mashed Potatoes
- Calypso Crush Vegetable Juice
- Fresh Fruit
- Hamburger Bun

- 17 Hot Dog with French Fries
- Maple Baked Beans
- Fresh Fruit
- Hot Dog Bun

- 18 Chicken Parmesan & 9/14 Hamburger Bun
- Romaine Salad with Cherry Tomatoes
- Apple-Cherry Juice

- 19 Rotini Bake
- 1 Fresh Fruit
- Honey Biscuit

- 22 Beef & Cheese Taco

- 23 Bagged Baby Carrots
- Cheesy Pizza Hummus
- 1 Fresh Fruit

- 23 Chicken Tenders with Potato Wedges
- Fresh Fruit
- 1 Salsa
- 1 Tostitos Scoops

- 24 Cheese Stuffed Breadsticks
- Marinara Sauce
- Cherry Star Vegetable Juice
- 1 Fresh Fruit

- 25 Popcorn Chicken
- French Fries
- Apple-Cherry Juice
- Cinnamon Scooby Snacks

- 26 Mozzarella Pinwheel
- Romaine Salad with Spinach and Chickpeas
- Fruit Punch Juice

- 29 Cheseburger OR Hamburger
- Maple Baked Beans
- Cherry Star Vegetable Juice
- Fresh Fruit
- Hamburger Bun

- 30 Spaghetti & Meatballs
- Fresh Fruit
- Maple Biscuit

- 31 Hash Brown
- Bagged Baby Carrots
- Chili In Bat Water Ice
- Pumpkin Cookie

- 1 4 x 6" Cheese Pizza

- Romaine Salad with Cherry Tomatoes
- Fruit Punch Juice

- 21 BBQ Chicken Fajitas & Ciabatta Bread
- Calypso Crush Vegetable Juice
- Fresh Fruit

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