



"Healthy is the best way to eat, 'cause it'll get you on your feet. Plus it's fun to run!" -  
Winning Slogan by Mailliw Pagan, grade 7  
From St. Joseph Pro-Cathedral 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	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Curly Cheesy Lasagna</li> <li>Orange Mango Applesauce</li> <li>Honey Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Chicken with Brown Rice &amp; Dinner Roll</li> <li>Maple Baked Beans</li> <li>Bagged Baby Carrots</li> <li>Fruit Punch Juice</li> </ul>	<ul style="list-style-type: none"> <li>Salisbury Steak with Gravy</li> <li>Corn</li> <li>Cherry Star Vegetable Juice</li> <li>Fresh Fruit</li> <li>Wheat Bread (2 slices)</li> </ul>	<ul style="list-style-type: none"> <li>4 x 6" Cheese Pizza</li> <li>Romaine Salad with Cherry Tomatoes</li> <li>Apple-Cherry Juice</li> </ul>	<ul style="list-style-type: none"> <li>Hot Dog with French Fries</li> <li>Cherry Star Vegetable Juice</li> <li>Dole Mixed Fruit Cup</li> <li>Hot Dog Bun</li> </ul>
<ul style="list-style-type: none"> <li>Beef &amp; Cheese Taco</li> <li>Cherry Star Vegetable Juice</li> <li>Dole Mandarin Orange Cup</li> <li>Salsa</li> <li>Tostitos Scoops</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn Chicken</li> <li>French Fries</li> <li>Fruit Punch Juice</li> <li>Cinnamon Scooby Snacks</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Nuggets with Sweet Potatoes</li> <li>Calypso Crush Vegetable Juice</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Four Cheese Panini</li> <li>Romaine Salad with Spinach &amp; Chickpeas</li> <li>Apple-Cherry Juice</li> <li>Bell Holiday Cookie</li> </ul>	<p style="text-align: center; font-size: 2em;">NO School</p>
<ul style="list-style-type: none"> <li>Mini Corn Dogs &amp; Chicken Nuggets with Potato Rounds</li> <li>Maple Baked Beans</li> <li>Fruit Punch Juice</li> <li>Cinnamon Elf Grahams</li> </ul>	<ul style="list-style-type: none"> <li>Penne Pasta with Meat Sauce</li> <li>Fresh Fruit</li> <li>Dinner Roll OR</li> <li>Honey Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Stuffed Breadsticks</li> <li>Marinara Sauce</li> <li>Cherry Star Vegetable Juice</li> <li>Dole Tropical Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>Rib-B-Que</li> <li>Broccoli</li> <li>Cherry Star Vegetable Juice</li> <li>Apple-Cherry Juice</li> <li>Hamburger Bun</li> </ul>	<ul style="list-style-type: none"> <li>Philly Cheesesteak Pinwheel</li> <li>French Fries</li> <li>Orange Mango Applesauce</li> <li>Gingerbread Cookie</li> </ul>
<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>	<p>Winter Break</p>
<p>Happy New Year's Eve!</p>	<p>Happy New Year!</p>	<ul style="list-style-type: none"> <li>4 x 6" Cheese Pizza</li> <li>Cherry Star Vegetable Juice</li> <li>Orange Mango Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>Curly Cheesy Lasagna</li> <li>Apple-Cherry Juice</li> <li>Honey Biscuit</li> </ul>	<ul style="list-style-type: none"> <li>Cheeseburger Macaroni</li> <li>Garlic Green Beans</li> <li>Calypso Crush Vegetable Juice</li> <li>Dole Mandarin Orange Cup</li> </ul>

**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.

