



DECEMBER 2022

Elementary

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

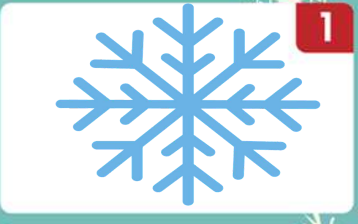
Friday



5
 293 Chicken Parmesan with Green Beans
 620 Salsa
 752 Fruit Punch Juice
 941 Tostitos Scoops

6
 295 Meatloaf & Gravy with Mashed Potatoes
 630 Dragon Punch Vegetable Juice
 670 Fresh Fruit
 909 Dinner Rolls

7
 256 Cheese Stuffed Breadsticks
 622 Marinara Sauce
 632 Wango Mango Vegetable Juice
 609 Dole Mixed Fruit Cup



8
 290 Spanish Rice & Beans with Plantains
 611 Bagged Baby Carrots
 546 Cheesy Pizza Hummus
 659 Watermelon Craisins
 903 Maple Biscuit



9
 237 Turkey Salami & Cheese Sandwich
 708 Romaine Salad with Spinach & Chickpeas
 670 Fresh Fruit
 990 Chocolate Chip Cookie

12
 273 Swedish Meatballs with Noodles & Broccoli
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 909 Dinner Roll

13
 281 Popcorn Chicken with Roasted Potatoes
 611 Bagged Baby Carrots
 749 Apple Cherry Juice

14
 228 Turkey Ham & Cheese Sub
 620 Salsa
 630 Dragon Punch Vegetable Juice
 699 Pineapple Fruits Fruit
 941 Tostitos Scoops

15
 264 4x6 Cheese Pizza
 706 Romaine Salad with Cherry Tomatoes
 750 Apple Juice
 992 Oatmeal Cookie

16
 277 Chicken Fajita Bowl with Rice, Black Beans & Tomatoes
 670 Fresh Fruit

19
 283 Chicken Tenders with Corn
 541 Chocolate Hummus
 685 Rosati Water Ice
 993 Holiday Cookie

20
 297 Chicken & Vegetable Dumplings with Green Beans
 630 Dragon Punch Vegetable Juice
 670 Fresh Fruit
 909 Dinner Roll

21
 268 French Bread Pizza
 611 Bagged Baby Carrots
 647 Dole Mandarin Orange Cup

22
 202 Cheeseburger with Bun
 604 Baked Beans
 752 Fruit Punch Juice
 990 Chocolate Chip Cookie

23
NOON DISMISSAL

January
2
NO SCHOOL

3
NO SCHOOL

4
 276 Chicken Teriyaki with Rice & Carrots
 685 Rosati Water Ice
 992 Oatmeal Cookie

5
 288 Mac & Cheese with Broccoli
 540 Garlic Hummus
 670 Fresh Fruit
 942 Sun chips

6
 290 Spanish Rice & Beans with Plantains
 611 Bagged Baby Carrots
 546 Cheesy Pizza Hummus
 753 Orange Juice
 993 Holiday Cookie

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