



# NOVEMBER 2022

## Elementary and Middle

**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

**31**  
Chicken Fingers with Green Beans  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Honey Biscuit

**7**  
Chicken Tenders with Corn Harvest Pumpkin Hummus  
Fresh Fruit  
Cinnamon Scooby Snacks

**14**  
Chicken Alfredo with Broccoli  
Bagged Baby Carrots  
Fresh Fruit  
Dinner Rolls

**21**  
Popcorn Chicken with Roasted Potatoes  
Bagged Baby Carrots  
Apple Cherry Juice  
Holiday Cookie

**28**  
Chicken Fajita Bowl with Rice, Black Beans & Tomatoes  
Apple Cherry Juice  
Tostitos Scoops

### Tuesday

**1**  
Hot Dog with Bun  
Baked Beans  
Rosati Water Ice  
Goldfish Pretzels

**8**  
Penne Pasta with Meat Sauce, Cheese and Italian Vegetable Blend  
Bagged Baby Carrots  
Apple Juice  
Dinner Rolls

**15**  
BBQ Popcorn Chicken with Sweet Mashed Potatoes  
Wango Mango Vegetable Juice  
Dole Pineapple Cup  
Honey Biscuit

**22**  
Taco Stick  
Salsa  
Dragon Punch Vegetable Juice  
Rosati Water Ice  
Tostitos Scoops

**29**  
Chicken Fingers with Corn  
Cherry Star Vegetable Juice  
Dole Pineapple Cup  
Oatmeal Cookie

### Wednesday

**2**  
BBQ Popcorn Chicken with Sweet Mashed Potatoes  
Wango Mango Vegetable Juice  
Apple Crisps  
Cinnamon Scooby Snacks

**9**  
Turkey Ham, Turkey Pepperoni & Cheese Sandwich  
Salsa  
Wango Mango Vegetable Juice  
Fresh Fruit  
Tostitos Scoops

**16**  
Spanish Rice with Beans & Plantains  
Salsa  
Apple Cherry Juice  
Tostitos Scoops



**30**  
Penne Pasta with Meat Sauce, Cheese & Italian Vegetable Blend  
Dragon Punch Vegetable Juice  
Mango Fruit Fruit  
Honey Biscuit

### Thursday

**3**  
Teriyaki Chicken with Rice & Carrots  
Fruit Punch Juice  
Maple Biscuits

**10**  
**Asynchronous Day**  
**Parent Conferences**  
**No School for Students**

**17**  
Cheeseburger with Bun  
Baked Beans  
Fruit Punch Juice  
Oatmeal Cookie

**24**  
**Happy Thanksgiving!**  
**School Closed**  
**10/23 – 10/25**

**1**  
Ciabatta Cheese Melt  
Romaine Salad with Cherry Tomatoes  
Fruit Punch Juice

### Friday

**4**  
Chicken, Turkey Ham & Cheese Wedge Sandwich  
Romaine Salad with Cherry Tomatoes  
Fresh Fruit  
Oatmeal Cookie



**18**  
**Asynchronous Day**  
**Professional Development**  
**No School for Students**



**2**  
**Asynchronous Day**  
**Professional Development**  
**No School for Students**

**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.