

# MIDDLE SCHOOL HOT LUNCH

September 2024

"Life is short - eat more fruits and veggies" - By Makenzie M, 7th grade St. Francis of Assisi

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, grains are whole grain.

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
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| <p><b>2</b></p>  <p>HAPPY LABOR DAY<br/>***</p>        | <p><b>3</b></p> <p>Taco Stick</p> <p>Salsa<br/>Corn<br/>Apple Cherry Juice<br/>Tostito Scoops</p>  | <p><b>4</b></p> <p>Pizza Calzone <b>V</b></p> <p>Tater Tots<br/>Ruby Rusher Vegetable Juice<br/>Fresh Fruit<br/>Goldfish Pretzels</p>   | <p><b>5</b></p> <p>Chicken Turkey Ham &amp; Cheese Wedge Sandwich</p> <p>Bagged Carrots<br/>Red Pepper Hummus<br/>Dole Mixed Fruit Cup</p> | <p><b>6</b></p> <p>Buffalo Chicken &amp; Cheddar on Brioche Bun</p> <p>Spinach &amp; Romaine Salad w. Chickpeas<br/>Sunset Sip Vegetable Juice<br/>Fresh Fruit</p>        |
| <p><b>9</b></p> <p>Rotisserie Chicken &amp; Mozzarella on Brioche Bun</p> <p>Salsa<br/>Cherry Star Vegetable Juice<br/>Fresh Fruit</p> | <p><b>10</b></p> <p>Chicken Nuggets</p> <p>Tater Tots<br/>Sunset Sip Vegetable Juice<br/>Bagged Apple Slices<br/>Dinner Rolls</p>          | <p><b>11</b></p> <p>Turkey Ham, Turkey Pepp &amp; Cheese Sub</p> <p>Bagged Carrots<br/>Cheesy Pizza Hummus<br/>Fruit Punch Juice</p>    | <p><b>12</b></p> <p>Cheese Ravioli <b>V</b> &amp; Maple Biscuits</p> <p>Romaine Salad w. Cherry Tomatoes<br/>Fresh Fruit</p>               | <p><b>13</b></p> <p>Round Cheese Pizza <b>V</b> &amp; Wango Mango Vegetable Juice</p> <p>Chocolate Brownie Hummus<br/>Strawberry Gello Cups<br/>Chocolate Tiger Bites</p> |
| <p><b>16</b></p> <p>Popcorn Chicken</p> <p>Tater Tots<br/>Dragon Punch Vegetable Juice<br/>Fresh Fruit<br/>Cheez-Its</p>               | <p><b>17</b></p> <p>Mac &amp; Cheese w. Broccoli <b>V</b> &amp; Dinner Rolls</p> <p>Sunset Sip Vegetable Juice<br/>Strawberry Craisins</p> | <p><b>18</b></p> <p>Chicken, Turkey Pepp &amp; Cheese Croissant</p> <p>Bagged Carrots<br/>Red Pepper Hummus<br/>Apple Juice</p>         | <p><b>19</b></p> <p>Italian Combo Wrap</p> <p>Spinach &amp; Romaine Salad w. Chickpeas<br/>Fresh Fruit<br/>Apple Cinnamon Bear Grahams</p> | <p><b>20</b></p> <p>Cheese Stuffed Breadsticks <b>V</b> &amp; Marinara Sauce</p> <p>Ruby Rusher Vegetable Juice<br/>Dole Pear Cup</p>                                     |
| <p><b>23</b></p> <p><b>Staff PD</b></p> <p><b>No School for Students</b></p>   | <p><b>24</b></p> <p>Turkey Pepperoni Pinwheel</p> <p>Marinara Sauce<br/>Dragon Punch Vegetable Juice<br/>Fresh Fruit</p>                   | <p><b>25</b></p> <p>Taco Meat &amp; Hamburger Bun</p> <p>Salsa<br/>Chocolate Brownie Hummus<br/>Fresh Fruit<br/>Watermelon Craisins</p> | <p><b>26</b></p> <p>Turkey Ham &amp; Cheese Sub</p> <p>Romaine Salad w. Cherry Tomatoes<br/>Fresh Fruit</p>                                | <p><b>27</b></p> <p>Chicken Nuggets</p> <p>Tater Tots<br/>Ruby Rusher Vegetable Juice<br/>Fruit Punch Juice<br/>Chocolate Chip Cookie</p>                                 |

**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.



Scan the QR Code for the NDS Color Wheel!  
These colors will help you identify what food group each item belongs to!

Nutritional Development Services  
Archdiocese of Philadelphia  
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215-895-3470, option 1

