





MIDDLE SCHOOL HOT LUNCH

OCTOBER 2024

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
30 PizzaBoli V Salsa Dragon Punch Vegetable Juice Cherry Craisins Fresh Fruit Tostito Scoops	1 Mini Corn Dogs Bagged Carrots Red Pepper Hummus Dole Mixed Fruit Cup Fresh Fruit	2 Philly Cheese Steak Pinwheel Tater Tots Cherry Star Vegetable Juice Fresh Fruit Mott's Fruit Punch Juice	3 Two Cheese, Chicken Quesadilla Spinach & Romaine Salad w. Chickpeas Fresh Fruit Mott's Apple Juice Scooby Snacks-Cinnamon	4 Cheese Pizza V Marinara Sauce Ruby Rusher Vegetable Juice Orange Gel Cup Fresh Fruit Cheddar Goldfish 
7 Popcorn Chicken Bagged Carrots Red Pepper Hummus Fresh Fruit Mott's Fruit Punch Juice Heartzel Pretzels	8 Cheese Stuffed Breadsticks V Marinara Sauce Wango Mango Vegetable Juice Orange Gel Cup Fresh Fruit	9 Cheeseburger Baked Beans Ruby Rusher Vegetable Juice Fresh Fruit Mott's Apple Juice	10 French Bread Pizza V Romaine Salad w. Cherry Tomatoes Cherry Star Vegetable Juice Fresh Fruit Watermelon Craisins Scooby Snacks-Cinnamon	11 Chicken Alfredo, Penne & Broccoli V Tater Tots Dragon Punch Vegetable Juice Watermelon Craisins Fresh Fruit Dinner Rolls
14 Indigenous Day School Closed  NATIONAL SCHOOL LUNCH WEEK	15 Parent/Teacher Conferences No School for Students	16 French Toast w. Sausage OR Pizza Calzone V Tater Tots Ruby Rusher Vegetable Juice Fresh Fruit Mixed Berry Applesauce Goldfish Pretzels	17 Penne w. Meat Sauce & Cheese Veggies & Dinner Roll OR Cheese Pizza V Bagged Carrots Red Pepper Hummus Fresh Fruit Mott's Apple Juice	18 French Bread Cheese Pizza V OR Mini Corn Dogs Spinach & Romaine Salad w. Chickpeas Sunset Sip Vegetable Juice Dole Mixed Fruit Cup Mott's Fruit Punch Juice  FIND YOUR TREASURE!
21 Buffalo Chicken Calzone OR Ciabatta Cheese Melt V Salsa Cherry Star Vegetable Juice Fresh Fruit Mott's Fruit Punch Juice	22 Mozzarella Sticks V OR Chicken Nuggets Tater Tots Sunset Sip Vegetable Juice Bagged Apple Slices Raspberry Lemonade Sidekick Goldfish Pretzels	23 Spicy Grilled Cheese V OR Philly Cheese Steak Pinwheel Bagged Carrots Dragon Punch Vegetable Juice Cheesy Pizza Hummus Strawberry Craisins Fresh Fruit	24 Cheese Ravioli V & Maple Biscuits OR Pizzaboli V Spinach & Romaine Salad w. Chickpeas Fresh Fruit Mott's Apple Juice	25 Popcorn Chicken w/ Roasted Potatoes OR Round Cheese Pizza V & Wango Mango Vegetable Juice Chocolate Brownie Hummus Strawberry Gello Cups Fresh Fruit Chocolate Tiger Bites
28 Staff PD Day No School for Students	29 Cheeseburger Calzone & Corn & Cinnamon Graham Crackers OR Mac & Cheese w. Broccoli V & Dinner Rolls Sunset Sip Vegetable Juice Strawberry Craisins Fresh Fruit	30 Veggie Pinwheel V OR Mini Pepperoni Calzone Bagged Carrots Wango Mango Vegetable Juice Red Pepper Hummus Rosati "Chillin Bat" Ice Fresh Fruit	31 Cheese Pizza V OR Chicken Tenders w/ Corn Spinach & Romaine Salad w. Chickpeas Fresh Fruit Mott's Fruit Punch Juice Pumpkin Cookie	1 Cheese Stuffed Breadsticks V OR Spicy Taco Stick & Salsa Marinara Sauce Ruby Rusher Vegetable Juice Dole Pear Cup Fresh Fruit Tostito Scoops 

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.

