

# MIDDLE SCHOOL HOT LUNCH

## NOVEMBER 2024

Good Food, Good Mood – You gotta nourish the body! - Gabby M, 7th grade @ Drexel Neumann Academy

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
<p><b>4</b></p> <p>Turkey Pepperoni Pinwheel OR Mozzarella Sticks <b>V</b></p> <p>Marinara Cup Dragon Punch Vegetable Juice Fresh Fruit Mott's Fruit Punch</p>	<p><b>5</b></p> <p>Hamburger with Green Beans &amp; Wheat Hamburger Buns OR Cheese Pizza Calzone <b>V</b></p>  <p>Bagged Baby Carrots Red Pepper Hummus Mango Pineapple Smoothie Bowl Fresh Fruit</p>	<p><b>6</b></p> <p>Beef &amp; Cheese Taco Stick &amp; Tostitos Scoops OR Taco Triangles <b>V</b></p>  <p>Salsa Cup Ruby Rusher Vegetable Juice Watermelon Craisins</p>	<p><b>7</b></p> <p>French Bread Pizza <b>V</b> OR Mac &amp; Cheese w/ Broccoli</p> <p>Spinach Salad w. Chickpeas Fresh Fruit Mixed Berry Applesauce</p>	<p><b>8</b></p> <p>204 Chicken Nuggets OR 206 French Toast w. Sausage</p> <p>Tater Tots Chocolate Hummus Mott's Apple Juice Fresh Fruit Chocolate Chip Cookie</p>
<p><b>11</b></p>  	<p><b>12</b></p> <p><b>Staff Professional Development</b></p> <p><b>No School for Students</b></p>	<p><b>13</b></p> <p>Mozzarella Sticks OR Spicy Grilled Cheese <b>V</b></p> <p>Potato Smiles Fresh Fruit Mott's Fruit Punch Juice</p>  <p>World Kindness Day!</p>	<p><b>14</b></p> <p>Two Cheese, Chicken Quesadilla OR Toasted Cheese Sandwich <b>V</b></p>  <p>National Pickle Day!</p> <p>Spinach Salad w. Chickpeas Fresh Fruit Mott's Apple Juice Cinnamon Scooby Snacks</p>	<p><b>15</b></p> <p>Taco Triangles OR Cheese Pizza</p> <p>Ruby Rusher Vegetable Juice Marinara Cup Fresh Fruit Dole Orange Gel Cup Cheddar Goldfish</p>
<p><b>18</b></p> <p>Popcorn Chicken &amp; Heartzel Pretzels OR Cheeseburger Calzone</p> <p>Bagged Baby Carrot Red Pepper Hummus Fresh Fruit Mott's Fruit Punch Juice</p>	<p><b>19</b></p> <p>Cheese Stuffed Breadsticks <b>V</b> OR French Bread Cheese Pizza</p> <p>Marinara Cup Wango Mango Vegetable Juice Dole Orange Gel Cup Fresh Fruit</p>	<p><b>20</b></p> <p>Hamburger OR Cheeseburger</p> <p>Baked Beans Ruby Rusher Vegetable Juice Fresh Fruit Mott's Apple Juice</p>	<p><b>21</b></p> <p>French Bread Cheese Pizza <b>V</b> OR Cheese Pizza <b>V</b></p> <p>Spinach Salad w. Cherry Tomatoes Fresh Fruit Watermelon Craisins Cinnamon Scooby Snacks</p>	<p><b>22</b></p> <p>French Toast w. Sausage &amp; Tater Tots OR Chicken Alfredo, Penne &amp; Broccoli &amp; Dinner Rolls</p> <p>Dragon Punch Vegetable Juice Watermelon Craisins Fresh Fruit</p>
<p><b>25</b></p> <p>Cheese Stuffed Breadsticks <b>V</b> &amp; Marinara Cup &amp; Dino Bites OR Mac &amp; Cheese w. Broccoli <b>V</b> &amp; Honey Biscuits</p> <p>Dragon Punch Vegetable Juice Raspberry Lemonade Craisins Fresh Fruit</p>	<p><b>26</b></p> <p>Popcorn Chicken OR Mini Corn Dogs</p> <p>Potato Smiles Strawberry Applesauce Fresh Fruit Turkey Cookie</p> 	<p><b>27</b></p> 	<p><b>28</b></p> <p>Happy Thanksgiving</p>  	<p><b>29</b></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.

Nutritional Development Services  
Archdiocese of Philadelphia  
222 N 17th St, Philadelphia, PA 19103  
215-895-3470, option 1

