

"Refine your diet, Don't be quiet!"- Luna A. 5th Grade @ Holy Trinity

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. All items are pork free Monday **Tuesday** Wednesday **Thursday** Friday 13 14 15 16 17 Mozzarella Chicken Alfredo. Spicy Grilled Meatloaf & Gravy Cheese Pizza V Pinwheel V Penne & Broccoli w. Mashed Potatoes Cheese **\** OR Spinach & Romaine Two Cheese, Tater Tots **Bagged Baby Carrots** Salad w. Chickpeas Chicken Quesadilla **Dragon Punch** Fresh Fruit Ruby Rusher Fresh Fruit & Cheese Vegetable Juice Vegetable Juice Cinnamon Bug Bites Fresh Fruit Fruit Punch Juice Salsa Cherry Star Vegetable Juice Fresh Fruit **Tostitos Scoops** 20 21 22 Cheese Stuffed \/ Cheese Pizz V Popcorn Chicken Hamburger **Breadsticks** Calzone Potato Smiles Celery Sticks Chocolate Hummus Sliced Apples **Bagged Baby Carrots** Marinara Sauce **Cherry Craisins** Red Pepper Hummus Ruby Rusher Fresh Fruit Vegetable Juice Rosati "Hero" Ice National Hot Sauce Day 27 28 29 30 31 Cheeseburger Mini Corn Dogs PizzaBoli V **BBQ** Popcorn Spicy Beef & Calzone Chicken w. Mashed Cheese Taco Stick Sweet Potato Spinach & Romaine Tater Tots **Bagged Baby Carrots** Cherry Star Vegetable Salad w. Chickpeas Ruby Rusher Red Pepper Hummus Juice Fresh Fruit **Dragon Punch** Vegetable Juice Strawberry Gel Cup **Bagged Apple Slices** Cinnamon Scooby Vegetable Juice Strawberry & Mango Tostitos Scoops Snacks Strawberry Craisins Sidekick

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.

