

# DECEMBER 2018

"Healthy is the best way to eat, 'cause it'll get you on your feet...Plus it's fun to run!" –  
Winning Slogan by Mailliw Pagan, grade 7  
From St. Joseph Pro-Cathedral School

**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.

Monday	Tuesday	Wednesday	Thursday	Friday
271 Spaghetti & Meatballs 689 Orange Mango Applesauce 903 Maple Biscuit	210 Crispy Chicken Filet 914 Hamburger Bun 908 Dinner Roll 603 Maple Baked Beans 611 Bagged Baby Carrots 752 Fruit Punch Juice	286 Meatloaf with Gravy 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 904 Wheat Bread (2 slices)	264 4 x 6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice	253 Hot Dog with French Fries 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 907 Hot Dog Bun
215 Beef & Cheese Taco 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 620 Salsa 941 Tostitos Scoops	205 Popcorn Chicken 704 French Fries 752 Fruit Punch Juice 932 Cinnamon Scooby Snacks	224 Chicken Nuggets with Sweet Potatoes 635 Calypso Crush Vegetable Juice 670 Fresh Fruit	272 Four Cheese Panini 708 Romaine Salad with Spinach & Chickpeas 749 Apple-Cherry Juice 993 Bell Holiday Cookie	201 Cheeseburger 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 695 Strawberry-Mango Sidekick 914 Hamburger Bun
234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 752 Fruit Punch Juice 929 Cinnamon Elf Grahams	273 Rotini Bake 670 Fresh Fruit 908 Dinner Roll	255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup	207 Rib-B-Que 623 Broccoli 631 Cherry Star Vegetable Juice 749 Apple-Cherry Juice 914 Hamburger Bun	Noon Dismissal
Winter Break	Merry Christmas!	Winter Break	Winter Break	Winter Break
Happy New Year's Eve!	Happy New Year!	No School	274 Curly Cheesy Lasagna 749 Apple-Cherry Juice 903 Maple Biscuit	252 Cheeseburger Macaroni 624 Garlic Green Beans 635 Calypso Crush Vegetable Juice 647 Dole Mandarin Orange Cup

**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, Diocese of Camden, 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.

