

April 2018

"If you eat healthy and play, it'll keep the doctor away!"
 - Winning slogan by Brandon at the Laboratory Charter School

Lunch ELEMENTARY

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.

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.

MONDAY

294 Meatballs with Sauce
 636 Fiesta Corn
 749 Apple Cherry Juice
 907 Hot Dog Bun

2

closed

TUESDAY

*Spaghetti / Meatballs
 Honey Wheat Biscuits
 Orange Cups
 Milk*

3

WEDNESDAY

205 Popcorn Chicken
 634 Hash Browns
 631 Cherry Star Vegetable Juice
 685 Hip Hoppin' Water Ice
 993 Easter Bunny Cookie

4

THURSDAY

*Philly Steak
 Cheese Pinwheel
 Salad
 Fruit punch*

5

FRIDAY

1/2 day

6

234 Chicken Tenders with
 Potato Wedges OR

9

611 Bagged Baby Carrots
 542 Harvest Pumpkin Hummus OR
 545 Cranberry Orange Hummus
 694 Kiwi Strawberry Sidekick

OR

*Hot dog / Fries
 Hot dog Bun
 Baked Beans
 Blue Fruit w/ Kiwi
 (order order)
 use 4/5 order*

10

264 4x6" Cheese Pizza
 634 Hash Browns
 697 Bagged Apple Slices

11

251 Chicken Nuggets

12

708 Romaine Salad with Spinach
 & Chickpeas
 653 Fresh Mango
 932 Keebler Scooby Snacks

272 Four Cheese Panini

13

622 Marinara Sauce
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 929 Keebler Elf Grahams

253 Hot Dog with French Fries &
 907 Hot Dog Bun OR

16

603 Maple Baked Beans
 670 Fresh Fruit

201 Cheeseburger
 634 Hash Browns
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 914 Hamburger Bun

17

234 Chicken Tenders with
 Potato Wedges
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 991 "Despicable Me" Honey Grahams

18

292 Wheat Penne Pasta
 641 Fresh Pineapple
 903 Maple Biscuits OR
 901 Honey Biscuits

19

265 Chicken Ranch Flatbread
 Pizza OR

20

706 Romaine Salad with
 Cherry Tomatoes
 670 Fresh Fruit
 992 Oatmeal Cookie

275 BBQ Chickenillet &
 914 Hamburger Bun

23

611 Bagged Baby Carrots
 542 Harvest Pumpkin Hummus OR
 545 Cranberry Orange Hummus
 670 Fresh Fruit

OR

269 Mini Corn Dog with Chicken
 Nuggets & Potato Rounds &
 904 Wheat Bread OR

24

624 Garlic Butter Green Beans
 749 Apple Cherry Juice

294 Meatballs with Sauce
 631 Cherry Star Vegetable Juice
 670 Fresh Fruit
 914 Hamburger Bun OR
 907 Hot Dog Bun

25

205 Popcorn Chicken
 708 Romaine Salad with
 Spinach & Chickpeas
 670 Fresh Fruit
 904 Wheat Bread

26

264 4x6" Cheese Pizza OR
 263 5" Round Cheese Pizza
 634 Hash Browns
 670 Fresh Fruit

27