

# November 2017

"If you eat well, you will do well!"  
- Winning slogan by Lailah at St. Raymond 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) 875-3470 during normal business hours.

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

224 Chicken Nuggets with

6

Sweet Potatoes  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
992 Oatmeal Cookie



273 Rotini Bake  
750 Apple Juice

7

903 Maple Biscuits

282 Chicken Fries with Tri-Tators  
603 Maple Baked Beans  
670 Fresh Fruit

8

281 Salisbury Patty  
610 Mashed Potatoes with  
635 Calypso Crush Vegetable Juice  
694 Kiwi Strawberry Sidekick  
904 Wheat Bread

9

263 5" Round Pizza  
706 Romaine Salad

10

Cherry Tomatoes  
752 Fruit Punch Juice

234 Chicken Tenders with  
Potato Wedges  
627 Mixed Vegetables  
749 Apple Cherry Juice  
990 Chocolate Chip Cookie

13

286 Meatloaf with  
Gravy

14

610 Mashed Potatoes  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
914 Hamburger Bun

210 Crispy Chicken Fillet

15

524 Corn Cobbette  
635 Calypso Crush Vegetable Juice  
670 Fresh Fruit  
914 Hamburger Bun

255 Cheese Stuffed Breadsticks

16

682 Marinara Sauce  
708 Romaine Salad with Chickpeas  
752 Fruit Punch Juice

252 Cheeseburger Mac

17

611 Bagged Baby Carrots  
540 Garlic Hummus

670 Fresh Fruit  
908 Dinner Roll

222 Sliced Turkey with Stuffing  
and Mashed Potatoes

20

629 Corn & Carrots  
687 Rosati Apple Pie Water Ice  
901 Honey Biscuits

263 5" Round Pizza  
631 Cherry Star Vegetable Juice  
689 Birthday Cake Applesauce

21

11am Dismissal  
No Hot Lunch will be served

22



Happy Thanksgiving!

23

Happy Thanksgiving!

24

253 Hot Dog with French Fries &  
907 Hot Dog Bun  
603 Maple Baked Beans  
752 Fruit Punch Juice

27

213 Chicken Taco  
631 Cherry Star Vegetable Juice  
696 Raisins  
900 Panini Bread

28

294 Meatballs with Sauce  
624 Mediterranean Green Beans  
750 Apple Juice  
907 Hot Dog Bun

29

272 Four Cheese Panini  
635 Calypso Crush Vegetable Juice  
634 Hash Browns  
670 Fresh Fruit

30



219 Pepperoni Pinwheel  
708 Romaine Salad with Chickpeas  
670 Fresh Fruit  
991 "Despicable Me" Graham  
Crackers

1