

# JANUARY 2019

"Healthy eating = happy living."—Winning Slogan by Morgan Hicks, grade 6  
From St. Peter the Apostle 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

**Happy New Year!**



294 Meatballs with Tomato Sauce  
631 Cherry Star Vegetable Juice  
689 Orange Mango Applesauce  
907 Hot Dog Bun

277 Arroz Con Pollo  
695 Strawberry-Mango Sidekick  
908 Dinner Roll

201 Cheeseburger  
603 Maple Baked Beans  
632 Wango Mango Vegetable Juice  
670 Fresh Fruit  
914 Hamburger Bun

272 Four Cheese Panini  
706 Romaine Salad with Cherry Tomatoes  
749 Apple-Cherry Juice

275 BBQ Chicken Filet  
611 Bagged Baby Carrots  
541 Chocolate Hummus  
670 Fresh Fruit  
914 Hamburger Bun

255 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
631 Cherry Star Vegetable Juice  
608 Dole Tropical Fruit Cup  
932 Cinnamon Scooby Snacks

278 Chicken Jambalaya & 929 Cinnamon Elf Grahams  
910 Ciabatta Bread  
623 Broccoli  
670 Fresh Fruit

252 Cheeseburger Macaroni  
603 Maple Baked Beans  
635 Calypso Crush Vegetable Juice  
670 Fresh Fruit  
908 Dinner Roll

218 Mozzarellas Pinwheel  
611 Bagged Baby Carrots  
540 Garlic Hummus OR  
545 Cranberry Orange Hummus  
670 Fresh Fruit

251 Chicken Nuggets  
704 French Fries  
749 Apple-Cherry Juice  
990 Chocolate Chip Cookie

No School  
MLK

210 Crispy Chicken Filet & 914 Hamburger  
611 Bagged Baby Carrots  
603 Maple Baked Beans  
689 Orange Mango Applesauce

281 Salisbury Steak with Gravy  
639 Corn  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
904 Wheat Bread (2 slices)

263 5" Round 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  
932 Cinnamon Scooby Snacks

201 Cheeseburger  
611 Bagged Baby Carrots  
546 Cheesy Pizza Hummus  
695 Strawberry-Mango Sidekick  
914 Hamburger Bun

**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.