

OCTOBER 2020

“Get healthy so you can grow big and strong!”- By Sedem, grade 3
From Olney Christian 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, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 28 627 Green Beans 749 Apple-Cherry Juice 932 Cinnamon Scooby Snacks	221 Two Cheese Chicken Quesadilla 29 603 Maple Baked Beans 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup	289 Pancakes with Sausage 30 634 Hash Browns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit	263 5" Round Cheese Pizza 1 635 Calypso Crush Vegetable Juice 752 Fruit Punch Juice	215 Beef & Cheese Taco 2 611 Bagged Baby Carrots 540 Garlic Hummus 659 Watermelon Craisins
274 Curly Cheesy Lasagna 5 749 Apple-Cherry Juice 903 Maple Biscuit	205 Popcorn Chicken 6 704 French Fries 685 Rosati Water Ice 932 Cinnamon Scooby Snacks	255 Cheese Stuffed Breadsticks 7 622 Marinara Sauce 631 Cherry Star Vegetable Juice 690 Apple Crisps	226 Philly Cheesesteak Pinwheel 8 623 Broccoli 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 929 Cinnamon Elf Grahams	217 Teriyaki Chicken with Brown Rice 9 603 Maple Baked Beans 611 Bagged Baby Carrots 699 Strawberry Cup 903 Maple Biscuit
225 Cheesy Taco Meat 12 639 Corn 631 Cherry Star Vegetable Juice 658 Cherry Craisins 941 Tostitos Scoops	233 Popcorn Chicken with Sweet & Sour Broccoli 13 627 Green Beans 690 Apple Crisps 901 Honey Biscuit	272 Four Cheese Panini 14 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit	251 Chicken Nuggets 15 704 French Fries 608 Dole Tropical Fruit Cup 929 Cinnamon Elf Grahams	NO SCHOOL 16
294 Meatballs with Tomato Sauce 19 624 Garlic Green Beans 686 Rosati Water Ice 901 Honey Biscuit	215 Beef & Cheese Taco 20 639 Corn 631 Cherry Star Vegetable Juice 691 Strawberry Apple Crisps	271 Spaghetti & Meatballs 21 752 Fruit Punch Juice 901 Honey Biscuit	234 Chicken Tenders with Potato Wedges 22 623 Broccoli 699 Strawberry Cup 928 Goldfish Pretzels	223 Veggie Pinwheel 23 611 Bagged Baby Carrots 541 Chocolate Hummus 749 Apple-Cherry Juice
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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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.

