

# December 2016

"Eat more fruits and vegetables every day!"  
- Winning slogan by Sam at Olney Christian 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

281 Salisbury Steak with Gravy  
610 Mashed Potatoes  
631 Cherry Star Vegetable Juice  
688 Applesauce  
914 Hamburger Bun

5

### Tuesday

234 Chicken Tenders with Potato Wedges  
603 Maple Baked Beans  
749 Apple Cherry Juice  
992 Oatmeal Cookie

6

### Wednesday

294 Meatballs with Sauce  
624 Mediterranean Green Beans  
695 Strawberry Mango Sidekick  
914 Hamburger Bun

7

### Thursday

203 Macaroni and Cheese & 908 Dinner Roll  
623 Chopped Broccoli  
635 Calypso Crush Vegetable Juice  
670 Fresh Fruit

8

### Friday

210 Chicken Fillet  
611 Bagged Baby Carrots  
542 Harvest Pumpkin Hummus  
670 Fresh Fruit  
914 Hamburger Bun

9

201 Cheeseburger  
611 Bagged Baby Carrots  
603 Maple Baked Beans  
670 Fresh Fruit  
914 Hamburger Bun

12

255 Cheese Stuffed Breadsticks  
682 Marinara Sauce  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit

13

205 Popcorn Chicken  
704 French Fries  
749 Apple Cherry Juice  
993 Gingerbread Cookie

14

217 Teriyaki Chicken with Rice & 904 Wheat Bread  
615 Pepper Strips  
543 Blazin' Buffalo Hummus  
654 Cantaloupe Spears

15

NO SCHOOL

16

288 Waffles with Sausage  
136 Raspberry Yogurt  
634 Hash Browns  
631 Cherry Star Vegetable Juice  
612 Bagged Apples & Grapes

19

402 Spaghetti & Meatballs  
623 Chopped Broccoli  
750 Apple Juice  
908 Dinner Roll

20

215 Gorditas Chipotle Chicken  
Fold 'N' Go  
524 Corn Cobbette  
635 Calypso Crush Vegetable Juice  
688 Applesauce

21

234 Chicken Tenders with Potato Wedges

22

603 Maple Baked Beans  
690 Strawberry Amazin' Raisins

NO SCHOOL

23

### CHRISTMAS VACATION

26

27

28

29



263 5" Round Cheese Pizza  
631 Cherry Star Vegetable Juice  
691 Peach Amazin' Raisins

3

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

4

286 Meatloaf with Gravy  
635 Calypso Crush Vegetable Juice  
524 Corn Cobbette  
670 Fresh Fruit  
914 Hamburger Bun

5

220 Taco Meat  
606 Fresh Romaine Salad  
670 Fresh Fruit  
941 Tostito Scoops

6