



"Healthy is the best way to eat, 'cause it'll get you on your feet...Plus it's fun to run!"  
- Winning Slogan by Mailliw Pagan, grade 7  
From St. Joseph Pro-Cathedral 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

~~274 Curly Cheesy Lasagna~~ **3**  
OR  
271 Spaghetti & Meatballs  
689 Orange Mango Applesauce  
901 Honey Biscuit OR  
903 Maple Biscuit

215 Beef & Cheese Taco **10**  
OR  
~~265 Chicken Ranch Flatbread~~  
631 Cherry Star Vegetable Juice  
647 Dole Mandarin Orange Cup  
620 Salsa  
941 Tostitos Scoops

~~269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds~~ **17**  
OR  
234 Chicken Tenders with Potato Wedges  
603 Maple Baked Beans  
752 Fruit Punch Juice  
929 Cinnamon Elf Grahams

**24**  
*Winter Break*

**31**  
*Happy New Year's Eve!*

## Tuesday

210 Crispy Chicken Filet & 914 Hamburger Bun **4**  
OR  
~~217 Teriyaki Chicken with Brown Rice & 908 Dinner Roll~~ OR  
901 Honey Biscuit  
603 Maple Baked Beans  
611 Bagged Baby Carrots  
752 Fruit Punch Juice

205 Popcorn Chicken **11**  
704 French Fries  
752 Fruit Punch Juice  
932 Cinnamon Scooby Snacks

273 Rotini Bake **18**  
OR  
~~292 Penne Pasta with Meat Sauce~~  
670 Fresh Fruit  
908 Dinner Roll OR  
901 Honey Biscuit

**25**  
*Winter Break*

**1**  
*Happy New Year!*

## Wednesday

281 Salisbury Steak with Gravy **5**  
OR  
~~286 Meatloaf with Gravy~~  
639 Corn  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
904 Wheat Bread (2 slices)

~~204 Chicken Parmesan & 914 Hamburger Bun~~ **12**  
OR  
224 Chicken Nuggets with Sweet Potatoes  
635 Calypso Crush Vegetable Juice  
670 Fresh Fruit

255 Cheese Stuffed Breadsticks **19**  
622 Marinara Sauce  
631 Cherry Star Vegetable Juice  
608 Dole Tropical Fruit Cup

**26**  
*Winter Break*

**2**  
263 5" Round Cheese Pizza  
OR  
264 4 x 6" Cheese Pizza  
631 Cherry Star Vegetable Juice  
689 Orange Mango Applesauce

## Thursday

263 5" Round Cheese Pizza **6**  
OR  
264 4 x 6" Cheese Pizza  
706 Romaine Salad with Cherry Tomatoes  
749 Apple-Cherry Juice

272 Four Cheese Panini **13**  
OR  
~~228 Veggie Pinwheel~~  
708 Romaine Salad with Spinach & Chickpeas  
749 Apple-Cherry Juice  
993 Bell Holiday Cookie

~~207 Rib-B-Que~~ **20**  
OR  
275 BBQ Cheesy Chicken Filet  
623 Broccoli  
631 Cherry Star Vegetable Juice  
749 Apple-Cherry Juice  
914 Hamburger Bun

**27**  
*Winter Break*

**3**  
273 Rotini Bake  
OR  
274 Curly Cheesy Lasagna  
749 Apple-Cherry Juice  
901 Honey Biscuit OR  
903 Maple Biscuit

## Friday

~~253 Hot Dog with French Fries~~ **7**  
OR  
294 Meatballs with Tomato Sauce  
631 Cherry Star Vegetable Juice  
609 Dole Mixed Fruit Cup  
907 Hot Dog Bun

~~200 Hamburger~~ **14**  
OR  
201 Cheeseburger  
611 Bagged Baby Carrots  
546 Cheesy Pizza Hummus  
695 Strawberry-Mango Sidekick  
914 Hamburger Bun

~~219 Turkey Pepperoni Pinwheel~~ **21**  
OR  
226 Philly Cheesesteak Pinwheel  
704 French Fries  
689 Orange Mango Applesauce  
993 Gingerbread Cookie

**28**  
*Winter Break*

**4**  
215 Beef & Cheese Taco  
OR  
252 Cheeseburger Macaroni  
624 Garlic Green Beans  
635 Calypso Crush Vegetable Juice  
647 Dole Mandarin Orange Cup

**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.