



Let's Make It Fun!  
 Once a week, we have a special  
 "Fun Food"!

Which fruits and  
 vegetables did you  
 try this month?

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Which lunch foods  
 did you like best?

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Monday, October 5, 2009

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111 South 38th Street  
 Philadelphia, PA 19104

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Contact: Anne Ayella

# Elementary School Lunch Menu - October 2009

Elementary School Lunch Times  
 12:40 - 1:40

5 257 Hot Dog with Tri-Taters 670 Fresh Fruit 991 Oatmeal Cookie 907 Wheat Hot Dog Bun	6 225 Chicken Tenders with Hash Browns 717 Mixed Vegetables 906 White Bread 936 Vanilla Bear Grahams	7 290 Spaghetti & Meatballs 909 Italian Breadstick 683 Peach Cup	8 270 Italian Hoagie 946 Tostitos Scoops	9 201 Cheeseburger 715 Corn 602 Tossed Salad 900 Hamburger Bun
12 281 Salisbury Steak with Mashed Potatoes 901 Dinner Roll	13	14 286 Meatloaf 712 Corn & Carrots 691 Peach Juice Pop	15 213 Chicken Nuggets with Hash Browns 700 Baby Carrots 906 White Bread	16 261-263 Pizza 602 Tossed Salad 670 Fresh Fruit
19 217 Teriyaki Chicken with Rice 717 Mixed Vegetables 753 Orange Juice 904 Wheat Bread	20 201 Cheeseburger 695 French Fries 690 Strawberry Juice Pop 900 Hamburger Bun	21 257 Hot Dog with Tri-Taters 907 Wheat Hot Dog Bun 917 Vanilla Sound Bites 683 Peach Cup	22 270 Italian Hoagie 947 Multi-Grain Sun Chips	23 261-263 Pizza 602 Tossed Salad 670 Fresh Fruit
26 216 Chicken Patty with Hash Browns 724 Broccoli 906 White Bread or 900 Hamburger Bun	27 285 Salisbury Steak 900 Hamburger Bun or 904 Wheat Bread 710 Mashed Potatoes 700 Baby Carrots	28 290 Spaghetti & Meatballs 697 Apple Slices 909 Italian Breadstick	29 301 Turkey Sausage, Egg, & Cheese Hot Pocket 133 Strawberry-Banana Yogurt 694 Cinnamon Applesauce 752 Fruit Juice	30 206 Taco Bowl 602 Tossed Salad 670 Fresh Fruit



Food is important to us, and we want to make sure that the food we serve is healthy and delicious. We have a special "Fun Food" each week, and we encourage you to try it. We also have a variety of other healthy options, including fresh fruit, vegetables, and whole grains. We hope you enjoy our menu and that it helps you stay healthy and happy.