LUNCH

NOVEMBER 2018

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
			1 Southwest Chicken Fajita Wrap Plum Chilled Black Bean & Corn Salad	**2** Egg Salad On a Whole Gran Croissant Applesauce Diced Tomato Salad
5 Beef Bologna and Cheese On Whole Grain Bread Orange Chilled Baby Carrots	**6** EggCredible Protein Pack Whole Grain Pita Apple Celery Sticks	**7** Macaroni Pasta Salad with Tuna Whole Grain Breadsticks Grapes Fresh Spinach	**8** American Hoagie On a Whole Grain Hoagie Roll Plum Grandma's Potato Salad	**9** Turkey BLT On a Whole Grain Croissant Pear Garbanzo Bean Salad
12 Roast Beef and Cheese On Whole Wheat Bread Pear Three Bean Salad	**13** Chicken Caesar Salad Whole Grain Bread Sticks Apple Romaine Mix	**14** Chicken Salad On a Whole Grain Bun Orange Diced Tomato Salad	**15** American Cheese Hoagie On a Whole Grain Hoagie Roll Applesauce Cup Fiesta Corn Salsa	**16** Chipotle Turkey Wrap Plum Cucumber Salad
19 Grilled Chicken On a Whole Grain Bun Orange Celery Sticks	**20** Pizza Protein Pack Whole Grain Flat Bread Chilled Baby Carrots	**21** Strawberry Spinach Salad Whole Grain Dinner Roll Apple	**22** **Happy Thanksgiving**	**23** **Happy Thanksgiving**
26 Turkey and Cheese On Whole Grain Bread Orange Chilled Black Bean and Corn Salad	**27** Chicken Salad Whole Grain Pretzel Roll Grapes Celery Sticks	**28** Southwest Chicken Fajita Salad Yellow Tortilla Chips Pear Romaine Mix	**29** Buffalo Chicken Wrap Plum Fiesta Corn Salsa	**30** Turkey Bacon, Chicken, Ranch Wrap Apple Carrot Raisin Salad

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.