

Roast Beef & Cheese

On Whole Wheat Bread

Pear

Three Bean Salad

Orange Mango Applesauce

Cherry Star Vegetable Juice

Grilled Chicken

On a Whole Grain Bun

Orange

Celery Sticks

Cherry Star Vegetable Juice

Dole Tropical Fruit Cup

Martin Luther King Jr. Day

Beef Bologna& Cheese

On Whole Wheat Bread

Orange

Chilled Baby Carrots

 Cherry Star Vegetable Juice

Dole Mandarin Orange Cup

**PL PLEASE READ CAREFULLY**. Parents are strongly advised to review the menu completely to ensure that each of the food items in 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 supplies of the food item. To request product information please call (215) 895-3470 during normal

business hours.

**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.

**JANUARY 2019**

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Turkey BLT

On a Whole Grain Croissant

Pear

Garbanzo Bean Salad

Wango Mango Vegetable Juice

 Bagged Apples and Grapes

American Hoagie

Plum

Grandma’s Potato Salad

Romaine Salad with Spinach & Chickpeas

Mott’s Fruit Punch Juice

Macaroni Pasta Salad with Tuna

 With Fresh Spinach

Two Whole Grain Breadsticks

Grapes

 Bagged Baby Carrots

Mott’s Apple Juice

Egg Credible Protein Pack

Whole Grain Pita

Apple

Celery Sticks

 Calypso Crush Vegetable Juice

Dole Tropical Fruit Cup

Turkey Bacon, Chicken & Ranch Wrap

Apple

Carrot Raisin Salad

Cherry Star Vegetable Juice

Mott’s Apple Juice

Buffalo Chicken Wrap

Plum

Fiesta Corn Salsa

Romaine Salad with Cherry Tomatoes

Motts Apple Juice

Southwest Chicken Fajita Salad

With Romaine Mix

Pear

 Yellow Tortilla Chips

Cherry Star Vegetable Juice

Dole Tropical Fruit Cup

Chicken Salad

On a Whole Grain Pretzel Roll

Grapes

Celery Sticks

Bagged Baby Carrots

Mott’s Fruit Punch Juice

Strawberry Spinach Salad

Whole Grain Dinner Roll

Apple

Fresh Spinach

Bagged Baby Carrots

Mott’s Apple White Grape Juice

Pizza Protein Pack with Sauce & Cheese

Whole Grain Flatbread

Pear

Chilled Baby Carrots

Wango Mango Vegetable Juice

 Bagged Apples and Grapes

Tuna Salad

On Whole Grain Flatbread

Plum

Grandma’s Potato Salad

Calypso Crush Vegetable Juice

Dried Fruit Blend

Turkey Ham & Cheese

On Whole Grain Bread

Sliced Apples

Garbanzo Bean Salad

 Wango Mango Vegetable Juice

 Raisins

Chipolte Turkey Wrap

Plum

Cucumber Salad

Bagged Baby Carrots

Mott’s Apple Juice

American Cheese Hoagie

Applesauce Cup

Fiesta Corn Salsa

Romaine Salad With Cherry Tomatoes

Mott’s Fruit Punch Juice

Chicken Salad

On a Whole Grain Bun

Orange

Diced Tomato Salad

Dole Tropical Fruit Cup

Wango Mango Vegetable Juice

Chicken Caesar Salad

With Romaine Mix

Two Whole Grain Breadsticks

Apple

Wango Mango Vegetable Juice

Raisins

Turkey BLT

On a Whole Grain Croissant

Pear

Garbanzo Bean Salad

American Hoagie

Plum

Grandma’s Potato Salad

Beef Bologna & Cheese

On Whole Wheat Bread

Orange

Chilled Baby Carrots

New Year’s Day