

Monday

Tuesday

Wednesday

Thursday

Friday

1

Tuna Salad
On Whole Grain Flatbread
Orange
Garbanzo Bean Salad

4

Turkey and Cheese
On Goldfish bread
Apple Slices
Chilled Baby Carrots

5

Chicken Salad
On a Whole Grain Bun
Orange
Fiesta Corn Salsa

6

Veggie Hummus Protein Pack
Whole Grain Pita
Applesauce Cup
Peppers, Cucumber, Carrots, Celery

Ash Wednesday

7

Turkey Cobb Salad
Two Whole Grain Breadsticks
Pear

8

American Cheese Hoagie
Orange
Chilled Black Bean & Corn Salad

11

Grilled Chicken
On a Whole Grain Bun
Orange
Garbanzo Bean Salad

12

Turkey Ham and Cheese
On Whole Wheat Bread
Sliced Apples
Fiesta Corn Salsa

13

Chicken Caesar Salad
Two Whole Grain Breadsticks
Pear

14

Buffalo Chicken Wrap
Orange
Celery Sticks

15

Egg Salad
On a Whole Grain Croissant
Applesauce Cup
Tomato Salad

Staff Appreciation Day

18

Beef Bologna & Cheese
On Whole Wheat Bread
Orange
Grandma's Potato Salad

19

Chipotle Turkey Wrap
Apple
Three Bean Salad

20

Turkey and Cheese
On Whole Wheat Bread
Pear
Chilled Baby Carrots

21

Grilled Chicken
On a Whole Grain Bun
Orange
Broccoli

22

Veggie Hummus Protein Pack
Whole Grain Pita
Applesauce Cup
Peppers, Cucumber, Carrots, Celery

25

Turkey BLT Wrap
Orange
Celery Sticks

26

Buffalo Chicken Salad
Two Whole Grain Breadsticks
Apple

27

Roast Beef & Cheese
On a Whole Grain Bun
Pear
Fiesta Corn Salsa

28

Chicken Caesar Wrap
Applesauce
Fresh Tomato Salad

29

Tuna Salad Sandwich
On Whole Grain Flatbread
Orange
Garbanzo Bean 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.

