

September 2019

Elementary

LUNCH Cold



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.



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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.

Monday

Labor Day

2

Tuesday

BBQ Chicken Salad
On Romaine Mix
Fresh Fruit
Two Whole Grain Breadsticks

3

Wednesday

Roast Beef and Cheese
On a Whole Grain Kaiser Roll
Fresh Fruit
Chilled Baby Carrots

4

Thursday

Tuna Salad
On Whole Grain Flat Bread
Fresh Fruit
Garbanzo Bean Salad

5

Friday

Chicken Ceasar Wrap
Fresh Fruit
Creamy Cole Slaw

6

Goldfish Protein Pack
Whole Grain Goldfish Bread
Turkey and Cheese
Fresh Fruit
Chilled Baby Carrots

9

Grilled Chicken and Lettuce
On a Whole Grain Bun
Fresh Fruit
Grandma's Potato Salad

10

Chicken Salad
On a Whole Grain Bun
Fresh Fruit
Cucumber Salad

11

Chipotle Turkey Wrap
Fresh Fruit
Three Bean Salad

12

Asian Noodle Salad
Fresh Fruit
Fresh Broccoli

13

Turkey Ham and Cheese
On a Whole Grain Pretzel
Bun
Fresh Fruit
Fiesta Corn Salsa

16

Tuna Salad
Whole Grain Flat Bread
Fresh Fruit
Celery Sticks

17

Chef Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit

18

Southwest Chicken Fajita
Wrap
Fresh Fruit
Chilled Black Bean & Corn Salsa

19

Egg Salad
On a Whole Grain Croissant
Fresh Fruit
Diced Tomato Salad

20

Beef Bologna & Cheese
On Whole Wheat Bread
Fresh Fruit
Chilled Baby Carrots

23

Hummus Protein Pack
Whole Grain Pita
Fresh Fruit
Pepper Strips and Cucumbers

24

Turkey Cobb Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit

25

Buffalo Chicken Wrap
Fresh Fruit
Grandma's Potato Salad

26

Turkey BLT
On Whole Grain Flat Bread
Fresh Fruit
Three Bean Salad

27

Turkey & Cheese
On Whole Wheat Bread
Fresh Fruit
Fiesta Corn Salsa

30

