

September 2019

High School

Cold

LUNCH



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

3

Wednesday

4

Thursday

5

Friday

6

Goldfish Protein Pack
Whole Grain Goldfish Bread
Turkey and Cheese
Fresh Fruit
Chilled Baby Carrots
Calypso Crush Vegetable Juice
Dole Tropical Fruit Cup

9

Grilled Chicken and Lettuce
On a Whole Grain Bun
Fresh Fruit
Grandma's Potato Salad
Calypso Crush Vegetable Juice
Dole Mandarin Oranges

10

Chicken Salad
On a Whole Grain Bun
Fresh Fruit
Cucumber Salad
Cherry Star Vegetable Juice
Cherry Craisins

11

Chipotle Turkey Wrap
Fresh Fruit
Three Bean Salad
Romaine Salad With Cherry Tomatoes
Mott's Fruit Punch Juice

12

Asian Noodle Salad
Fresh Fruit
Fresh Broccoli
Strawberry Cup
Dragon Punch Vegetable Juice

13

Turkey Ham and Cheese
On a Whole Grain Pretzel Bun
Fresh Fruit
Fiesta Corn Salsa
Cherry Craisins
Cherry Star Vegetable Juice

16

Tuna Salad
Whole Grain Flat Bread
Fresh Fruit
Celery Sticks
Dragon Punch Vegetable Juice
Mixed Berry Applesauce

17

Chef Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit
Bagged Baby Carrots
Mott's Fruit Punch Juice

18

Southwest Chicken Fajita Wrap
Fresh Fruit
Chilled Black Bean & Corn Salsa
Calypso Crush Vegetable Juice
Mixed Berry Applesauce

19

Egg Salad
On a Whole Grain Croissant
Fresh Fruit
Diced Tomato Salad
Romaine Salad with Chickpeas
Mott's Apple White Grape Juice

20

Beef Bologna & Cheese
On Whole Wheat Bread
Fresh Fruit
Chilled Baby Carrots
Dragon Punch Vegetable Juice
Cherry Craisins

23

Hummus Protein Pack
Whole Grain Pita
Fresh Fruit
Pepper Strips and Cucumbers
Cherry Star Vegetable Juice
Dole Mixed Fruit Cup

24

Turkey Cobb Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit
Calypso Crush Vegetable Juice
Bagged Apple Slices

25

Buffalo Chicken Wrap
Fresh Fruit
Grandma's Potato Salad
Bagged Baby Carrots
Mott's Apple White Grape Juice

26

Turkey BLT
On Whole Grain Flat Bread
Fresh Fruit
Three Bean Salad
Calypso Crush Vegetable Juice
Mixed Berry Applesauce

27



30

