

October 2019

Elementary

LUNCH

Winning Slogan "Great Food, Awesome School, Healthy You!" – By Oliva, grade 5, from St. Francis of Assisi



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

Tuesday

Wednesday

Thursday

Friday

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

7

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

8

Chicken Salad
Whole Grain Bun
Fresh Fruit
Cucumber Salad

9

Chipotle Turkey Wrap
Fresh Fruit
Three Bean Salad

10

Asian Noodle Salad
Whole Grain Noodles
Fresh Fruit
Fresh Broccoli

11

Turkey Ham & Cheese
On a Pretzel Bun
Fresh Fruit
Fiesta Corn Salsa

14

Tuna Salad
On a Whole Grain Flatbread
Celery Sticks
Fresh Fruit

15

Chef Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit

16

Chicken Fajita Wrap
Fresh Fruit
Chilled Black Bean & Corn Salad

17

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

18

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

21

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

22

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

23

Buffalo Chicken Wrap
Fresh Fruit
Grandma's Potato Salad

24

Turkey BLT
On Whole Grain Flatbread
Fresh Fruit
Three Bean Salad

25

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

28

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

29

Roast Beef & Cheese
On a Kaiser Roll
Fresh Fruit
Chilled Baby Carrots

30

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

31

