

October 2019

High School - Cold

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



Monday

Tuesday

Wednesday

Thursday

Friday

1

1
BBQ Chicken Salad
On Romaine Mix
Two Whole Grain Breadsticks
Fresh Fruit
631 Cherry Star Vegetable Juice
684 Mixed Berry Applesauce

2
Roast Beef & Cheese
On a Kaiser Roll
Fresh Fruit
Chilled Baby Carrots
658 Cherry Craisins
635 Calypso Crush Vegetable Juice

3
Tuna Salad
On a Whole Grain Flatbread
Fresh Fruit
Garbanzo Bean Salad
611 Bagged Baby Carrots
447 Mott's Apple White Grape

4
Garden Chicken Wrap
Fresh Fruit
Creamy Coleslaw
708 Romaine Salad & Chickpeas
445 Fruit Punch Juice

7
Turkey and Cheese
On Whole Grain Goldfish Bread
Fresh Fruit
Chilled Baby Carrots
658 Cherry Craisins
632 Wango Mango Vegetable Juice

8
Grilled Chicken and Lettuce
On a Whole Grain Bun
Fresh Fruit
Grandma's Potato Salad
631 Cherry Star Vegetable Juice
697 Bagged Sliced Apples

9
Chicken Salad
Whole Grain Bun
Fresh Fruit
Cucumber Salad
611 Bagged Baby Carrots
446 Mott's Apple Juice

10
Chipotle Turkey Wrap
Fresh Fruit
Three Bean Salad
632 Wango Mango Vegetable Juice
608 Dole Tropical Fruit Cup

11
Asian Noodle Salad
Whole Grain Noodles
Fresh Fruit
Fresh Broccoli
706 Romaine Salad with Tomatoes
447 Mott's Apple White Grape Juice

14
Turkey Ham & Cheese
On a Pretzel Bun
Fresh Fruit
Fiesta Corn Salsa
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup

15
Tuna Salad
On a Whole Grain Flatbread
Celery Sticks
Fresh Fruit
635 Calypso Crush Vegetable Juice
659 Watermelon Craisins

16
Chef Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit
658 Cherry Craisins
630 Dragon Punch Vegetable Juice

17
Chicken Fajita Wrap
Fresh Fruit
Chilled Black Bean & Corn Salad
706 Romaine Salad with Tomatoes
446 Mott's Apple Juice

18
Egg Salad
On a Whole Grain Croissant
Fresh Fruit
Diced Tomato Salad
611 Bagged Baby Carrots
447 Mott's Apple White Grape Juice

21
Beef Bologna & Cheese
On Whole Wheat Bread
Fresh Fruit
Chilled Baby Carrots
635 Calypso Crush Vegetable Juice
608 Dole Tropical Fruit Cup

22
Hummus Protein Pack
Whole Grain Pita
Fresh Fruit
Pepper Strips and Cucumbers
635 Calypso Crush Vegetable Juice
647 Dole Mandarin Orange Cup

23
Turkey Cobb Salad
On Romaine Mix
Whole Grain Dinner Roll
Fresh Fruit
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup

24
Buffalo Chicken Wrap
Fresh Fruit
Grandma's Potato Salad
708 Romaine Salad & Chickpeas
658 Cherry Craisins

25
Turkey BLT
On Whole Grain Flatbread
Fresh Fruit
Three Bean Salad
630 Dragon Punch Vegetable Juice
699 Strawberry Cup

28
Turkey & Cheese
On Whole Wheat Bread
Fresh Fruit
Fiesta Corn Salsa
631 Cherry Star Vegetable Juice
658 Cherry Craisins

29
BBQ Chicken Salad
On Romaine Mix
Two Whole Grain Breadsticks
Fresh Fruit
630 Dragon Punch Vegetable Juice
699 Strawberry Cup

30
Roast Beef & Cheese
On a Kaiser Roll
Fresh Fruit
Chilled Baby Carrots
635 Calypso Crush Vegetable Juice
684 Mixed Berry Applesauce

31
Tuna Salad
On a Whole Grain Flat Bread
Fresh Fruit
Garbanzo Bean Salad
706 Romaine Salad with Tomatoes
659 Watermelon Craisins

