

Cold Lunch- OCTOBER 2020

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, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey and Cheese on Wheat Bread 28 Fresh Fruit Dole Mandarin Orange Cup Fiesta Corn Salsa Cherry Star Vegetable Juice Milk</p>	<p>BBQ Chicken Salad with Romaine Lettuce 29 Fresh Fruit Apple Crisps Cherry Star Vegetable Juice Dinner Roll Milk</p>	<p>Roast Beef and Cheese Sandwich on a Kaiser Roll 30 Fresh Fruit Cherry Craisins Bagged Baby Carrots Dragon Punch Vegetable Juice Milk</p>	<p>Tuna Salad Sandwich on Flatbread 1 Fresh Fruit Mixed Berry Applesauce Garbanzo Bean Salad Calypso Crush Vegetable Juice Milk</p>	<p>Chicken Caesar Wrap 2 Fresh Fruit Watermelon Craisins Cole Slaw Bagged Baby Carrots Milk</p>
<p>Grilled Chicken and Lettuce 5 Fresh Fruit Cherry Craisins Potato Salad Wango Mango Vegetable Juice Bun Milk</p>	<p>Asian Noodle Salad 6 Fresh Fruit Dole Tropical Fruit Cup Broccoli Calypso Crush Vegetable Juice Milk</p>	<p>Chicken Salad BLT Wrap 7 Fresh Fruit Dole Mandarin Orange Cup Cucumber Salad Cherry Star Vegetable Juice Milk</p>	<p>Chipotle Turkey Wrap 8 Fresh Fruit Strawberry Apple Crisps Three Bean Salad Dragon Punch Vegetable Juice Milk</p>	<p>Turkey and Cheese on Goldfish Bread 9 Dole Tropical Fruit Cup Bagged Baby Carrots Dragon Punch Vegetable Juice Chocolate Chip Cookie Milk</p>
<p>Turkey-Ham and Cheese On a Pretzel Roll 12 Fresh Fruit Cherry Craisins Fiesta Corn Salsa Cherry Star Vegetable Juice Milk</p>	<p>Tuna Salad Sandwich on Flatbread 13 Fresh Fruit Mixed Berry Applesauce Celery Sticks Dragon Punch Vegetable Juice Milk</p>	<p>Chef Salad 14 Fresh Fruit Mixed Berry Applesauce Croutons Calypso Crush Vegetable Juice Milk</p>	<p>Southwest Chicken Fajita Wrap 15 Fresh Fruit Dole Tropical Fruit Cup Black Bean and Corn Salad Calypso Crush Vegetable Juice Goldfish Pretzels Milk</p>	<p>Egg Salad Sandwich on a Kaiser Roll 16 Fresh Fruit Strawberry Apple Crisps Diced Tomato Salad Wango Mango Vegetable Juice Milk</p>
<p>Beef Bologna and Cheese on Wheat Bread 19 Fresh Fruit Strawberry Apple Crisps Carrot and Raisin Salad Dragon Punch Vegetable Juice Cinnamon Scooby Snacks Milk</p>	<p>Hummus Protein Pack with Pita Bread 20 Fresh Fruit Cherry Craisins Sliced Cucumbers Cherry Star Vegetable Juice Milk</p>	<p>Turkey Cobb Salad with a Dinner Roll 21 Fresh Fruit Dole Mixed Fruit Cup Cherry Star Vegetable Juice Milk</p>	<p>Buffalo Chicken Wrap 22 Fresh Fruit Mott's Apple White Grape Juice Buttermilk Ranch Potato Salad Bagged Baby Carrots Goldfish Pretzels Milk</p>	<p>Turkey BLT on a Flatbread 23 Fresh Fruit Apple Crisps White Bean Salad Calypso Crush Vegetable Juice Milk</p>
<p>Turkey and Cheese on Wheat Bread 26 Fresh Fruit Dole Mandarin Orange Cup Fiesta Corn Salsa Cherry Star Vegetable Juice Milk</p>	<p>BBQ Chicken Salad with Romaine Lettuce 27 Fresh Fruit Dole Tropical Fruit Cup Cherry Star Vegetable Juice Dinner Roll Milk</p>	<p>Roast Beef and Cheese Sandwich on a Kaiser Roll 28 Fresh Fruit Cherry Craisins Bagged Baby Carrots Dragon Punch Vegetable Juice Milk</p>	<p>Tuna Salad Sandwich on Flatbread 29 Fresh Fruit Mixed Berry Applesauce Garbanzo Bean Salad Wango Mango Vegetable Juice Tostitos Scoops Milk</p>	<p>Chicken Caesar Wrap 30 Fresh Fruit Watermelon Craisins Cole Slaw Bagged Baby Carrots Milk</p>

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.

