



# Cold Lunch- OCTOBER 2020

“Get healthy so you can grow big and strong!”- By Sedem, grade 3  
From Olney Christian School

**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
Turkey and Cheese on Wheat Bread <b>28</b> Fresh Fruit Fiesta Corn Salsa Milk	BBQ Chicken Salad with Romaine Lettuce <b>29</b> Fresh Fruit Dinner Roll Milk	Roast Beef and Cheese Sandwich on a Kaiser Roll <b>30</b> Fresh Fruit Bagged Baby Carrots Milk	Tuna Salad Sandwich on Flatbread <b>1</b> Fresh Fruit Garbanzo Bean Salad Milk	Chicken Caesar Wrap <b>2</b> Fresh Fruit Cole Slaw Milk
Grilled Chicken and Lettuce <b>5</b> Fresh Fruit Potato Salad Bun Milk	Asian Noodle Salad <b>6</b> Fresh Fruit Broccoli Milk	Chicken Salad BLT Wrap <b>7</b> Fresh Fruit Cucumber Salad Milk	Chipotle Turkey Wrap <b>8</b> Fresh Fruit Three Bean Salad Milk	Turkey and Cheese on Goldfish Bread <b>9</b> Fresh Fruit Bagged Baby Carrots Milk
Turkey-Ham and Cheese On a Pretzel Roll <b>12</b> Fresh Fruit Fiesta Corn Salsa Milk	Tuna Salad Sandwich on Flatbread <b>13</b> Fresh Fruit Celery Sticks Milk	Chef Salad <b>14</b> Fresh Fruit Croutons Milk	Southwest Chicken Fajita Wrap <b>15</b> Fresh Fruit Black Bean and Corn Salad Milk	Egg Salad Sandwich on a Kaiser Roll <b>16</b> Fresh Fruit Diced Tomato Salad Milk
Beef Bologna and Cheese on Wheat Bread <b>19</b> Fresh Fruit Carrot and Raisin Salad Milk	Hummus Protein Pack with Pita Bread <b>20</b> Fresh Fruit Sliced Cucumbers Milk	Turkey Cobb Salad with a Dinner Roll <b>21</b> Fresh Fruit Milk	Buffalo Chicken Wrap <b>22</b> Fresh Fruit Buttermilk Ranch Potato Salad Milk	Turkey BLT on a Flatbread <b>23</b> Fresh Fruit White Bean Salad Milk
Turkey and Cheese on Wheat Bread <b>26</b> Fresh Fruit Fiesta Corn Salsa Milk	BBQ Chicken Salad With Romaine Lettuce <b>27</b> Fresh Fruit Dinner Roll Milk	Roast Beef and Cheese Sandwich on a Kaiser Roll <b>28</b> Fresh Fruit Bagged Baby Carrots Milk	Tuna Salad Sandwich on Flatbread <b>29</b> Fresh Fruit Garbanzo Bean Salad Milk	Chicken Caesar Wrap <b>30</b> Fresh Fruit Cole Slaw Milk

**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.

