

COLD LUNCH- DECEMBER 2020

"Cooking up a better life? Health is your main ingredient."- By Joshua, grade 6
From Notre Dame De Lourdes 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

Beef Bologna & Cheese on Wheat Bread **30**
Bagged Baby Carrots
Dragon Punch Vegetable Juice
Fresh Fruit
Cherry Craisins
Milk

Roast Beef & Cheese on Whole Grain Bread **7**
Three Bean Salad
Cherry Star Vegetable Juice
Fresh Fruit
Watermelon Craisins
Milk

Grilled Chicken & Lettuce on a Pretzel Roll **14**
Corn & Green Bean Salad
Wango Mango Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

Turkey & Cheese on Whole Grain Bread **21**
Black Bean & Corn Salad
Sunset Sip Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk



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Tuesday

Grilled Chicken & Lettuce on a Bun **1**
Celery Stix
Salsa
Fresh Fruit
Dole Tropical Fruit Cup
Tostitos Scoops
Milk

Roasted Chicken & Tortellini Salad **8**
Romaine Mix
Dragon Punch Vegetable Juice
Fresh Fruit
Dole Mixed Fruit Cup
Dinner Roll
Milk

Turkey & Cheese on Wheat Bread **15**
White Bean Salad
Calypso Crush Vegetable Juice
Fresh Fruit
Mott's Fruit Punch Juice
Milk

Chicken Salad on a Pretzel Roll **22**
Cole Slaw
Cherry Star Vegetable Juice
Fresh Fruit
Cherry Craisins
Holiday Cookie
Milk

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Wednesday

Macaroni Pasta Salad with Tuna **2**
Fresh Spinach
Cherry Star Vegetable Juice
Fresh Fruit
Mott's Apple Juice
Breadstick
Milk

Chicken Salad on a Bun **9**
Diced Tomato Salad
Sunset Sip Vegetable Juice
Fresh Fruit
Cherry Craisins
Milk

Tuna Salad **16**
Potato Salad
Dragon Punch Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Flatbread
Milk



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Thursday

American Hoagie on a Whole Grain Roll **3**
Potato Salad
Calypso Crush Vegetable Juice
Fresh Fruit
Dole Tropical Fruit Cup
Milk

American Cheese Hoagie on a Whole Grain Roll **10**
Fiesta Corn Salsa
Wango Mango Vegetable Juice
Fresh Fruit
Mott's Fruit Punch Juice
Milk

Pizza Protein Pack with Sauce & Cheese **17**
Bagged Baby Carrots
Cherry Star Vegetable Juice
Fresh Fruit
Apple Crisps
Flatbread
Milk

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Friday

Turkey & Cheese on Whole Grain Bread **4**
Black Bean & Corn Salad
Cherry Star Vegetable Juice
Fresh Fruit
Watermelon Craisins
Milk

Chipotle Turkey Wrap on a Whole Grain Tortilla **11**
Cucumber Salad
Bagged Baby Carrots
Fresh Fruit
Mott's Apple Juice
Chocolate Chip Cookie
Milk

Chicken Strawberry Salad **18**
Fresh Spinach
Bagged Baby Carrots
Fresh Fruit
Mott's Fruit Punch Juice
Dinner Roll
Chocolate Chip Cookie
Milk

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Happy Holidays!

Enjoy your break!

