LUNCH

FEBRUARY 2021

High School Cold Lunch

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
1 Beef Bologna & Cheese and Wheat Bread Potato Salad Wango Mango Vegetable Juice Apple Crisps Fresh Fruit Milk	**2** Chicken Salad on a Whole Grain Bun Celery Sticks Dragon Punch Vegetable Juice Mixed Berry Applesauce Fresh Fruit Milk	**3** Buffalo Chicken Salad Romaine Mix Cherry Star Vegetable Juice Dole Mixed Fruit Cup Fresh Fruit Whole Grain Dinner Roll Milk	**4** Turkey Ham & Cheese on a Pretzel Roll Bagged Baby Carrots Wango Mango Vegetable Juice Strawberry Apple Crisps Fresh Fruit Oatmeal Cooke Milk	**5** Egg Salad on a Whole Grain Bun White Bean Salad Dragon Punch Vegetable Juice Dole Mixed Fruit Cup Fresh Fruit Milk
8 Turkey & Cheese on Wheat Bread Three Bean Salad Cherry Star Vegetable Juice Mixed Berry Applesauce Fresh Fruit Milk	**9** Chicken Caesar Salad Romaine Mix Wango Mango Vegetable Juice Apple Crisps Fresh Fruit Whole Grain Dinner Roll Milk	**10** Roast Beef & Cheese on a Whole Grain Kaiser Roll Potato Salad Bagged Baby Carrots Mott's Apple Juice Fresh Fruit Cinnamon Scooby Snacks Milk	**11** Turkey Hoagie on a Whole Grain Roll Carrot Raisin Salad Dragon Punch Vegetable Juice Watermelon Craisins Fresh Fruit Milk	**12** Tuna Salad on a Whole Grain Flatbread Cucumber Salad Sunset Sip Vegetable Juice Dole Tropical Fruit Cup Fresh Fruit Milk
15 Grilled Chicken on a Pretzel Roll Sliced Cucumbers Wango Mango Vegetable Juice Dole Mixed Fruit Cup Fresh Fruit Milk	**16** Chipotle Turkey Wrap on a Whole Grain Tortilla Garbanzo Bean Salad Dragon Punch Vegetable Juice Strawberry Apple Crisps Fresh Fruit Milk	**17** Tuna Fiesta Corn Salsa Wango Mango Vegetable Juice Dole Tropical Fruit Cup Fresh Fruit Whole Grain Flatbread Milk	**18** Turkey & Cheese on Wheat Bread Bagged Baby Carrots Dragon Punch Vegetable Juice Cherry Craisins Fresh Fruit Milk	**19** Garden Salad with Egg Romaine Mix Cherry Star Vegetable Juice Mixed Berry Applesauce Fresh Fruit Whole Grain Dinner Roll Chocolate Chip Cookie Milk
22 Turkey Ham & Cheese on a Whole Grain Club Roll White Bean Salad Wango Mango Vegetable Juice Dole Mixed Fruit Cup Fresh Fruit Milk	**23** Tuna on a Whole Grain Kaiser Roll Celery Sticks Cherry Star Vegetable Juice Mixed Berry Applesauce Fresh Fruit Milk	**24** Southwest Fajita Wrap on a Whole Grain Tortilla Fiesta Corn Salad Dragon Punch Vegetable Juice Strawberry Apple Crisps Fresh Fruit Milk	**25** Chicken & Strawberry Spinach Salad Fresh Spinach Fresh Fruit Mott's Apple Juice Whole Grain Dinner Roll Tostitos Scoops Salsa Milk	**26** American Cheese Hoagie on a Whole Grain Club Roll Bagged Baby Carrots Salsa Cup & Chips Watermelon Craisins Fresh Fruit Milk

PLEASE READ CAREFULLY. Parents are strongly advised to review the menu completely to ensure that each of the food items in 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.