



# JUNE 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
<b>Memorial Day</b>	Chicken Garden Salad <b>1</b> Romaine Mix Cherry Star Vegetable Juice Fresh Fruit Dole Mixed Fruit Cup Whole Grain Dinner Roll Milk	Tuna Salad Sandwich <b>2</b> Potato Salad Sunset Sip Vegetable Juice Fresh Fruit Watermelon Craisins Whole Grain Flatbread Milk	BBQ Chicken Wrap on a Whole Grain Tortilla <b>3</b> Black Bean & Corn Salad Dragon Punch Vegetable Juice Fresh Fruit Mixed Berry Applesauce Goldfish Pretzels Milk	Hummus Protein Pack with Peppers, Cucumbers, Carrots & Celery <b>4</b> Cherry Star Vegetable Juice Fresh Fruit Apple Crisps Whole Grain Flatbread Milk
	Turkey & Cheese on Whole Grain Wheat Bread <b>7</b> Diced Tomato Salad Cherry Star Vegetable Juice Fresh Fruit Mott's Fruit Punch Juice Milk	American Hoagie on a Whole Grain Roll <b>8</b> Celery Sticks Dragon Punch Vegetable Juice Fresh Fruit Mixed Berry Applesauce Milk	Chicken Caesar Wrap on a Whole Grain Tortilla <b>9</b> Garbanzo Bean Salad Sunset Sip Vegetable Juice Fresh Fruit Dole Mixed Fruit Cup Milk	Garden Salad with Cheese <b>10</b> Romaine Mix Bagged Baby Carrots Fresh Fruit Mott's Apple White Grape Juice Whole Grain Dinner Roll Oatmeal Cookie Milk
Turkey BLT <b>14</b> Potato Salad Cherry Star Vegetable Juice Fresh Fruit Mixed Berry Applesauce Whole Grain Flatbread Milk	Chicken Salad <b>15</b> White Bean Salad Dragon Punch Vegetable Juice Fresh Fruit Mott's Fruit Punch Juice Whole Grain Bun Milk	Roast Beef & Cheese on a Whole Grain Bun <b>16</b> Fresh Broccoli Sunset Sip Vegetable Juice Fresh Fruit Dole Tropical Fruit Cup Milk	Beef Bologna & Cheese <b>17</b> on Wheat Bread Bagged Baby Carrots Dragon Punch Vegetable Juice Fresh Fruit Watermelon Craisins Milk	Tuna Salad Sandwich on Whole Grain Flatbread <b>18</b> Cucumber Salad Bagged Baby Carrots Fresh Fruit Mixed Berry Applesauce Cinnamon Scooby Snacks Milk
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>Enjoy Your Summer!</b>				
<b>28</b>	<b>29</b>	<b>30</b>		

**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.