



# MAY 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
Beef Bologna & Cheese on Wheat Bread <b>3</b> Bagged Baby Carrots Cherry Star Vegetable Juice Fresh Fruit Mixed Berry Applesauce Milk	Chicken Garden Salad <b>4</b> Romaine Mix Wango Mango Vegetable Juice Fresh Fruit Apple Crisps Whole Grain Dinner Roll Milk	Tuna Salad Sandwich <b>5</b> Potato Salad Sunset Sip Vegetable Juice Fresh Fruit Dole Tropical Fruit Cup Whole Grain Flatbread Milk	BBQ Chicken Wrap on a Whole Grain Tortilla <b>6</b> Black Bean & Corn Salas Dragon Punch Vegetable Juice Fresh Fruit Watermelon Craisins Milk	Hummus Protein Pack with Whole Grain Flatbread <b>7</b> Peppers, Cucumber, Carrots & Celery Bagged Baby Carrots Fresh Fruit Mott's Apple Juice Cinnamon Scooby Snacks Milk
Turkey & Cheese on Whole Grain Wheat Bread <b>10</b> Diced Tomato Salad Dragon Punch Vegetable Juice Fresh Fruit Dole Mixed Fruit Cup Milk	American Hoagie on a Whole Grain Hoagie Roll <b>11</b> Celery Sticks Cherry Star Vegetable Juice Fresh Fruit Strawberry Apple Crisps Milk	Chicken Caesar Wrap on a Whole Grain Wrap <b>12</b> Garbanzo Bean Salad Wango Mango Vegetable Juice Fresh Fruit Dole Tropical Fruit Cup Milk	Garden Salad with Cheese <b>13</b> Romaine Mix Bagged Baby Carrots Fresh Fruit Mott's Fruit Punch Juice Whole Grain Dinner Roll Milk	Grilled Chicken on a Whole Grain Bun <b>14</b> Fiesta Corn Salsa Cherry Star Vegetable Juice Fresh Fruit Mixed Berry Applesauce Tostitos Scoops Milk
Turkey BLT <b>17</b> Potato Salad Wango Mango Vegetable Juice Fresh Fruit Dole Mixed Fruit Cup Whole Grain Flatbread Milk	Chicken Salad on a Whole Grain Bun <b>18</b> White Bean Salad Cherry Star Vegetable Juice Fresh Fruit Mott's Apple Juice Milk	Roast Beef & Cheese on a Whole Grain Bun <b>19</b> Fresh Broccoli Dragon Punch Vegetable Juice Fresh Fruit Strawberry Apple Crisps Oatmeal Cookie Milk	Beef Bologna & Cheese on Wheat Bread <b>20</b> Chilled Baby Carrots Cherry Star Vegetable Juice Fresh Fruit Mixed Berry Applesauce Milk	Tuna Salad Sandwich <b>21</b> Cucumber Salad Bagged Baby Carrots Fresh Fruit Watermelon Craisins Whole Grain Flatbread Milk
Grilled Chicken on a Whole Grain Bun <b>24</b> Three Bean Salad Dragon Punch Vegetable Juice Fresh Fruit Dole Tropical Fruit Cup Tostitos Scoops Milk	Turkey Hoagie on a Whole Grain Roll <b>25</b> Carrot Raisin Salad Bagged Baby Carrots Fresh Fruit Mixed Berry Applesauce Milk	Turkey Chef Salad <b>26</b> Romaine Mix Cherry Star Vegetable Juice Fresh Fruit Cherry Craisins Whole Grain Dinner Roll Milk	Chicken Caesar Wrap on a Whole Grain Tortilla <b>27</b> Buttermilk Ranch Potato Salad Dragon Punch Vegetable Juice Fresh Fruit Strawberry Apple Crisps Milk	Italian Wrap on a Whole Grain Tortilla <b>28</b> Cole Slaw Wango Mango Vegetable Juice Fresh Fruit Dole Mixed Fruit Cup Milk
<b>31</b> Memorial Day				

**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.