



# SEPTEMBER 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      2      3

**6**

**Labor Day**

**7**

Southwest Chicken Fajita  
Wrap on a Whole Grain Tortilla  
Celery Sticks  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Mixed Berry Applesauce  
Milk

**8**

Chef Salad  
Romaine Mix  
Whole Grain Croutons  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**9**

Turkey Hoagie on a Whole Grain Club Roll  
Chilled Black Bean & Corn Salad  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Cherry Craisins  
Chocolate Chip Cookie  
Milk

**10**

Egg Salad on a Whole Grain Kaiser Roll  
Diced Tomato Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Apple Crisps  
Milk

**13**

Beef Bologna & Cheese on Wheat Bread  
Carrot Raisin Salad  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Dole Mandarin Orange Cup  
Milk

**14**

Hummus Protein Pack with Whole Grain Pita  
Pepper, Cucumbers, Carrots & Celery  
Cherry Star Vegetable Juice  
Fresh Fruit  
Apple Crisps  
Cinnamon Scooby Snacks  
Milk

**15**

Turkey Cobb Salad  
Romaine Mix  
Calypso Crush Vegetable Juice  
Fresh Fruit  
Dole Tropical Fruit Cup  
Whole Grain Dinner Roll  
Milk

**16**

Buffalo Chicken Wrap on a Whole Grain Tortilla  
Buttermilk Ranch Potato Salad  
Wango Mango Vegetable Juice  
Fresh Fruit  
Strawberry Apple Crisps  
Milk

**17**

Turkey BLT on a Whole Grain Flatbread  
Three Bean Salad  
Bagged Baby Carrots  
Fresh Fruit  
Mott's Apple Juice  
Milk

**20**

Turkey & Cheese on Whole Grain Wheat Bread  
Potato Salad  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Cherry Craisins  
Milk

**21**

BBQ Chicken salad  
Romaine Mix  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Dole Pineapple Cup  
Whole Grain Dinner Roll  
Milk

**22**

Roast Beef & Cheese on Whole Grain Kaiser Roll  
Carrot Raisin Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Watermelon Craisins  
Milk

**23**

Tuna Salad Sandwich on Whole Grain Flatbread  
Chilled Black Bean & Corn Salad  
Bagged Baby Carrots  
Fresh Fruit  
Mott's Apple White Grape Juice  
Oatmeal Cookie  
Milk

**24**

Chicken Caesar Wrap on Whole Grain Tortilla  
Creamy Cole Slaw  
Calypso Crush Vegetable Juice  
Fresh Fruit  
Mixed Berry Applesauce  
Milk

**27**

Grilled Chicken with Lettuce & Tomato on a Whole Grain Bun  
Fiesta Corn Salsa  
Bagged Baby Carrots  
Fresh Fruit  
Dole Pineapple Cup  
Milk

**28**

Asian Noodle Salad with Whole Grain Noodles  
Fresh Broccoli  
Wango Mango Vegetable Juice  
Fresh Fruit  
Apple Crisps  
Milk

**29**

Chicken Salad BLT on a Whole Grain Tortilla  
Cucumber Salad  
Salsa  
Fresh Fruit  
Mott's Apple White Grape Juice  
Tostitos Scoops  
Milk

**30**

Chipotle Turkey on a Whole Grain Tortilla  
Three Bean Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Dole Mixed Fruit Cup  
Milk

**1**

American Hoagie on a Whole Grain Club Roll  
Chilled Baby Carrots  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Watermelon Craisins  
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.