



OCTOBER 2021

“Great Food, Awesome School, Healthy You!”- From St. Francis of Assisi

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

Turkey Ham & Cheese on a Whole Grain Roll **4**
Fiesta Corn Salsa
Fresh Fruit
Milk

Southwest Chicken Fajita Wrap on a Whole Grain Tortilla **5**
Celery Sticks
Fresh Fruit
Milk

Chef Salad Romaine Mix **6**
Whole Grain Croutons
Fresh Fruit
Milk

Turkey Hoagie on a Whole Grain Roll **7**
Chilled Black Bean & Corn Salad
Fresh Fruit
Milk

Egg Salad on a Whole Grain Kaiser Roll **8**
Diced Tomato Salad
Fresh Fruit
Milk

Beef Bologna & Cheese on Wheat Bread **11**
Carrot Raisins Salad
Fresh Fruit
Milk

Hummus Protein Pack with Whole Grain Pita **12**
Peppers, Cucumbers, Carrots & Celery
Fresh Fruit
Milk

Turkey Cobb Salad Romaine Mix **13**
Fresh Fruit
Dinner Roll
Milk

Buffalo Chicken Wrap on Whole Grain Tortilla **14**
Buttermilk Ranch Potato Salad
Fresh Fruit
Milk

Turkey BLT on Whole Grain Flatbread **15**
Three Bean Salad
Fresh Fruit
Milk

Turkey & Cheese on Whole Grain Bread **18**
Carrot Raisin Salad
Fresh Fruit
Milk

BBQ Chicken Salad Romaine Mix **19**
Fresh Fruit
Dinner Roll
Milk

Roast Beed & Cheese on a Whole Grain Kaiser Roll **20**
Carrot Raisin Salad
Fresh Fruit
Milk

Tuna Salad Sandwich on Whole Grain Flatbread **21**
Chilled Black Bean & Corn Salad
Fresh Fruit
Milk

Chicken Caesar Wrap on a Whole Grain Tortilla **22**
Creamy Cole Slaw
Fresh Fruit
Milk

Grilled Chicken with Lettuce & Tomato on a Whole Grain Bun **25**
Fiesta Corn Salad
Fresh Fruit
Milk

Asian Noodle Salad with Whole Grain Noodles **26**
Fresh Broccoli
Fresh Fruit
Milk

Chicken Salad with Bacon, Lettuce & Tomato on Whole Grain Tortilla **27**
Cucumber Salad
Fresh Fruit
Milk

Chipotle Turkey on Whole Grain Tortilla **28**
Three Bean Salad
Fresh Fruit
Milk

American Hoagie on a Whole Grain Roll **29**
Bagged Baby Carrots
Fresh Fruit
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.

