

OCTOBER 2021

High School Gold 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

4
Turkey Ham & Cheese on a Whole Grain Roll
Fiesta Corn Salsa
Cherry Star Vegetable Juice
Fresh Fruit
Dole Pineapple Cup
Chocolate Chip Cookie
Milk

5
Southwest Chicken Fajita Wrap on a Whole Grain Tortilla
Celery Sticks
Sunset Sip Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

6
Chef Salad Romaine Mix
Whole Grain Croutons
Cherry Star Vegetable Juice
Fresh Fruit
Mott's Apple Juice
Milk

7
Turkey Hoagie on a Whole Grain Roll
Chilled Black Bean & Corn Salad
Wango Mango Vegetable Juice
Fresh Fruit
Watermelon Craisins
Milk

8
Egg Salad on a Whole Grain Kaiser Roll
Diced Tomato Salad
Bagged Baby Carrots
Fresh Fruit
Dole Tropical Fruit Cup
Milk

11
Beef Bologna & Cheese on Wheat Bread
Carrot Raisins Salad
Cherry Star Vegetable Juice
Fresh Fruit
Dole Mandarin Orange Cup
Milk

12
Hummus Protein Pack with Whole Grain Pita
Peppers, Cucumbers, Carrots & Celery
Wango Mango Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Goldfish Pretzels
Milk

13
Turkey Cobb Salad Romaine Mix
Calypso Crush Vegetable Juice
Fresh Fruit
Apple Crisps
Dinner Roll
Milk

14
Buffalo Chicken Wrap on Whole Grain Tortilla
Buttermilk Ranch Potato Salad
Sunset Sip Vegetable Juice
Fresh Fruit
Cherry Craisins
Milk

15
Turkey BLT on Whole Grain Flatbread
Three Bean Salad
Bagged Baby Carrots
Fresh Fruit
Mott's Apple White Grape Juice
Milk

18
Turkey & Cheese on Whole Grain Bread
Carrot Raisin Salad
Wango Mango Vegetable Juice
Fresh Fruit
Dole Tropical Fruit Cup
Milk

19
BBQ Chicken Salad Romaine Mix
Sunset Sip Vegetable Juice
Fresh Fruit
Watermelon Craisins
Dinner Roll
Milk

20
Roast Beed & Cheese on a Whole Grain Kaiser Roll
Carrot Raisin Salad
Cherry Star Vegetable Juice
Fresh Fruit
Dole Pineapple Cup
Milk

21
Tuna Salad Sandwich on Whole Grain Flatbread
Chilled Black Bean & Corn Salad
Bagged Baby Carrots
Fresh Fruit
Mott's Apple White Grape Juice
Chocolate Chip Cookie
Milk

22
Chicken Caesar Wrap on a Whole Grain Tortilla
Creamy Cole Slaw
Sunset Sip Vegetable Juice
Fresh Fruit
Apple Crisps
Milk

25
Grilled Chicken with Lettuce & Tomato on a Whole Grain Bun
Fiesta Corn Salad
Sunset Sip Vegetable Juice
Fresh Fruit
Cherry Craisins
Milk

26
Asian Noodle Salad with Whole Grain Noodles
Fresh Broccoli
Cherry Star Vegetable Juice
Fresh Fruit
Apple Crisps
Milk

27
Chicken Salad with Bacon, Lettuce & Tomato on Whole Grain Tortilla
Cucumber Salad
Calypso Crush Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

28
Chipotle Turkey on Whole Grain Tortilla
Three Bean Salad
Wango Mango Vegetable Juice
Fresh Fruit
Strawberry Apple Crisps
Milk

29
American Hoagie on a Whole Grain Roll
Bagged Baby Carrots
Sunset Sip Vegetable Juice
Fresh Fruit
Mott's Apple Juice
Holiday Cookie
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.

