



# NOVEMBER 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

1  
Beef Bologna & Cheese on Wheat Bread  
Baby Carrots  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Cherry Craisins

8  
Roast Beef & Cheese on Wheat Bread  
Three Bean Salad  
Bagged Baby Carrots  
Fresh Fruit  
Mott's Fruit Punch Juice

15  
Grilled Chicken & Lettuce on Whole Grain Pretzel Roll  
Corn & Green Bean Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Dole Pineapple Cup

22  
Turkey & Cheese on Wheat Bread  
Black Bean & Corn Salad  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Mott's Fruit Punch Juice

29  
Beef Bologna & Cheese on Wheat Bread  
Baby Carrots  
Cherry Star Vegetable Juice  
Fresh Fruit  
Dole Tropical Fruit Cup

### Tuesday

2  
Grilled Chicken & Lettuce on Whole Grain Bun  
Celery Sticks  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Dole Pineapple Cup

9  
Roasted Chicken & Tortellini Salad  
Romaine Mix  
Wango Mango Vegetable Juice  
Fresh Fruit  
Apple Crisps  
Whole Grain Dinner Roll

16  
Turkey Ham & Cheese on Wheat Bread  
White Bean Salad  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Mixed Berry Applesauce

23  
Chicken Salad on Whole Grain Pretzel Roll  
Cole Slaw  
Wango Mango Vegetable Juice  
Fresh Fruit  
Mixed Berry Applesauce

30  
Grilled Chicken & Lettuce on Whole Grain Bun  
Celery Sticks  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Watermelon Craisins

### Wednesday

3  
Macaroni Pasta Salad with Tuna  
Fresh Spinach  
Cherry Star Vegetable Juice  
Fresh Fruit  
Watermelon Craisins  
Whole Grain Breadstick

10  
Chicken Salad on Whole Grain Bun  
Diced Tomato Salad  
Sunset Sip Vegetable Juice  
Fresh Fruit  
Watermelon Craisins

17  
Tuna Salad on Whole Grain Flatbread  
Potato Salad  
Wango Mango Vegetable Juice  
Fresh Fruit  
Mott's Apple Juice

24  
Southwest Chicken Fajita Wrap on Whole Grain Tortilla  
Fiesta Corn Salsa  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Apple Crisps

1  
Macaroni Pasta Salad with Tuna  
Fresh Spinach  
Wango Mango Vegetable Juice  
Fresh Fruit  
Dole Pineapple Cup  
Whole Grain Breadstick

### Thursday

4  
American Hoagie on Whole Grain Roll  
Potato Salad  
Bagged Baby Carrots  
Fresh Fruit  
Mott's Apple White Grape Juice

11  
American Cheese Hoagie on Whole Grain Roll  
Fiesta Corn Salad  
Cherry Star Vegetable Juice  
Fresh Fruit  
Dole Mixed Fruit Cup

18  
Pizza Protein Pack with Sauce & Cheese on Whole Grain Flatbread  
Baby Carrots  
Cherry Star Vegetable Juice  
Fresh Fruit  
Watermelon Craisins

25  
**HAPPY THANKSGIVING!**

2  
American Hoagie on Whole Grain Roll  
Potato Salad  
Bagged Baby Carrots  
Fresh Fruit  
Mott's Apple White Grape Juice

### Friday

5  
Turkey & Cheese on Wheat Bread  
Black Bean & Corn Salad  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Mixed Berry Applesauce

12  
Chipotle Turkey Wrap on Whole Grain Tortilla  
Cucumber Salad  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Strawberry Apple Crisps

19  
Chicken Strawberry Salad  
Fresh Spinach  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Dole Tropical Fruit Cup  
Whole Grain Dinner Roll

26  
**HAPPY THANKSGIVING!**

3  
Turkey & Cheese on Wheat Bread  
Black Bean & Corn Salad  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Apple Crisps

**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.