



# Elementary COLD Lunch



# DECEMBER 2021

"Fruits and Veggies, Greens and Berries, Apples with Cherries, Eating healthy will make you feel merry!" - From Good Shepard

### 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

Roast Beef & Cheese on Wheat Bread **6**  
Three Bean Salad  
Fresh Fruit

Grilled Chicken & Lettuce on Whole Grain Pretzel Roll **13**  
Corn & Green Bean Salad  
Fresh Fruit

Turkey & Cheese on Wheat Bread **20**  
Black Bean & Corn Salad  
Fresh Fruit

## Tuesday

Roasted Chicken & Tortellini Salad **7**  
Romaine Mix  
Fresh Fruit  
Dinner Roll

Turkey Ham & Cheese on Wheat Bread **14**  
White Bean Salad  
Fresh Fruit

Chicken Salad on Whole Grain Pretzel Roll **21**  
Cole Slaw  
Fresh Fruit

## Wednesday

Chicken Salad on Whole Grain Bun **8**  
Diced Tomato Salad  
Fresh Fruit

Tuna Salad on Whole Grain Flatbread **15**  
Potato Salad  
Fresh Fruit

Southwest Chicken Fajita Wrap on Whole Grain Tortilla **22**  
Fiesta Corn Salsa  
Fresh Fruit

## Thursday

American Cheese Hoagie on Whole Grain Roll **9**  
Fiesta Corn Salsa  
Fresh Fruit

Pizza Protein Pack with Sauce and Cheese on Whole Grain Flatbread **16**  
Baby Carrots  
Fresh Fruit

Taco Salad Romaine Mix **23**  
Fresh Fruit  
Tortilla Chips

## Friday

Chipotle Turkey Wrap on Whole Grain Tortilla **10**  
Cucumber Salad  
Fresh Fruit

Chicken Strawberry Salad **17**  
Fresh Spinach  
Fresh Fruit  
Dinner Roll

**HAPPY HOLIDAYS!** **24**

**27**

**28**

**29**

**30**

**31**

**HAVE A WONDERFUL BREAK AND HAPPY NEW YEAR!**

Beef Bologna & Cheese on Wheat Bread **3**  
Baby Carrots  
Fresh Fruit

Grilled Chicken & Lettuce on Whole Grain Bun **4**  
Celery Sticks  
Fresh Fruit

Macaroni Pasta Salad with Tuna **5**  
Fresh Spinach  
Fresh Fruit  
Whole Grain Breadstick

American Hoagie on Whole Grain Roll **6**  
Potato Salad  
Fresh Fruit

Turkey & Cheese on Wheat Bread **7**  
Black Bean & Corn Salad  
Fresh Fruit



**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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.