



DECEMBER 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
<p>Roast Beef & Cheese on Wheat Bread 6</p> <p>Three Bean Salad</p> <p>Sunset Sip Vegetable Juice</p> <p>Fresh Fruit</p> <p>Cherry Craisins</p>	<p>Roasted Chicken & Tortellini Salad 7</p> <p>Romaine Mix</p> <p>Cherry Star Vegetable Juice</p> <p>Fresh Fruit</p> <p>Apple Crisps</p> <p>Dinner Roll</p>	<p>Chicken Salad on Whole Grain Bun 8</p> <p>Diced Tomato Salad</p> <p>Dragon Punch Vegetable Juice</p> <p>Fresh Fruit</p> <p>Dole Tropical Fruit Cup</p>	<p>American Cheese Hoagie on Whole Grain Roll 9</p> <p>Fiesta Corn Salsa</p> <p>Wango Mango Vegetable Juice</p> <p>Fresh Fruit</p> <p>Strawberry Apple Crisps</p>	<p>Chipotle Turkey Wrap on Whole Grain Tortilla 10</p> <p>Cucumber Salad</p> <p>Bagged Baby Carrots</p> <p>Fresh Fruit</p> <p>Mott's Apple Juice</p>
<p>Grilled Chicken & Lettuce on Whole Grain Pretzel Roll 13</p> <p>Corn & Green Bean Salad</p> <p>Sunset Sip Vegetable Juice</p> <p>Fresh Fruit</p> <p>Cherry Craisins</p>	<p>Turkey Ham & Cheese on Wheat Bread 14</p> <p>Bagged Baby Carrots</p> <p>White Bean Salad</p> <p>Fresh Fruit</p> <p>Dole Pineapple Cup</p>	<p>Tuna Salad on Whole Grain Flatbread 15</p> <p>Potato Salad</p> <p>Cherry Star Vegetable Juice</p> <p>Fresh Fruit</p> <p>Bagged Apple Slices</p>	<p>Pizza Protein Pack with Sauce and Cheese on Whole Grain Flatbread 16</p> <p>Baby Carrots</p> <p>Wango Mango Vegetable Juice</p> <p>Fresh Fruit</p> <p>Dole Mandarin Orange Cup</p>	<p>Chicken Strawberry Salad 17</p> <p>Fresh Spinach</p> <p>Dragon Punch Vegetable Juice</p> <p>Fresh Fruit</p> <p>Mixed Berry Applesauce</p> <p>Dinner Roll</p>
<p>Turkey & Cheese on Wheat Bread 20</p> <p>Black Bean & Corn Salad</p> <p>Bagged Baby Carrots</p> <p>Fresh Fruit</p> <p>Mott's Apple White Grape Juice</p>	<p>Chicken Salad on Whole Grain Pretzel Roll 21</p> <p>Cole Slaw</p> <p>Sunset Sip Vegetable Juice</p> <p>Fresh Fruit</p> <p>Apple Crisps</p>	<p>Southwest Chicken Fajita Wrap on Whole Grain Tortilla 22</p> <p>Fiesta Corn Salsa</p> <p>Wango Mango Vegetable Juice</p> <p>Fresh Fruit</p> <p>Watermelon Craisins</p>	<p>Taco Salad 23</p> <p>Romaine Mix</p> <p>Cherry Star Vegetable Juice</p> <p>Fresh Fruit</p> <p>Cherry Craisins</p> <p>Tortilla Chips</p>	<p>HAPPY HOLIDAYS! 24</p>
27	28	29	30	31
HAVE A WONDERFUL BREAK AND HAPPY NEW YEAR!				
<p>Beef Bologna & Cheese on Wheat Bread 3</p> <p>Baby Carrots</p> <p>Sunset Sip Vegetable Juice</p> <p>Fresh Fruit</p> <p>Mixed Berry Applesauce</p>	<p>Grilled Chicken & Lettuce on Whole Grain Bun 4</p> <p>Celery Sticks</p> <p>Cherry Star Vegetable Juice</p> <p>Fresh Fruit</p> <p>Dole Pineapple Cup</p>	<p>Macaroni Pasta Salad with Tuna 5</p> <p>Fresh Spinach</p> <p>Wango Mango Vegetable Juice</p> <p>Fresh Fruit</p> <p>Watermelon Craisins</p> <p>Whole Grain Breadstick</p>	<p>American Hoagie on Whole Grain Roll 6</p> <p>Potato Salad</p> <p>Sunset Sip Vegetable Juice</p> <p>Fresh Fruit</p> <p>Dole Tropical Fruit Cup</p>	<p>Turkey & Cheese on Wheat Bread 7</p> <p>Black Bean & Corn Salad</p> <p>Dragon Punch Vegetable Juice</p> <p>Fresh Fruit</p> <p>Watermelon Craisins</p>



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.