



JANUARY 2022

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



HAPPY NEW YEAR!



10
 Roast Beef & Cheese on Wheat Bread
 Three Bean Salad
 Cherry Star Vegetable Juice
 Fresh Fruit
 Mott's Fruit Punch Juice

11
 Roasted Chicken & Tortellini Salad
 Romaine Mix
 Wango Mango Vegetable Juice
 Fresh Fruit
 Mixed Berry Applesauce
 Whole Grain Dinner Roll

12
 Chicken Salad on Whole Grain Bun
 Diced Tomato Salad
 Dragon Punch Vegetable Juice
 Fresh Fruit
 Dole Tropical Fruit Cup

13
 American Cheese Hoagie on Whole Grain Roll
 Fiesta Corn Salad
 Sunset Sip Vegetable Juice
 Fresh Fruit
 Mott's Apple White Grape Juice

14
 Chipotle Turkey Wrap on Whole Grain Tortilla
 Cucumber Salad
 Bagged Baby Carrots
 Fresh Fruit
 Watermelon Craisins

17
 Grilled Chicken & Lettuce on Whole Grain Pretzel Roll
 Corn & Green Bean Salad
 Cherry Star Vegetable Juice
 Fresh Fruit
 Apple Crisps

18
 Turkey Ham & Cheese on Wheat Bread
 White Bean Salad
 Sunset Sip Vegetable Juice
 Fresh Fruit
 Mixed Berry Applesauce

19
 Tuna Salad on Whole Grain Flatbread
 Potato Salad
 Fresh Fruit
 Dole Pineapple Cup

20
 Pizza Protein Pack with Sauce & Cheese on Whole Grain Flatbread
 Baby Carrots
 Sunset Sip Vegetable Juice
 Fresh Fruit
 Cherry Craisins

21
 Chicken Strawberry Salad
 Fresh Spinach
 Wango Mango Vegetable Juice
 Fresh Fruit
 Apple Crisps
 Whole Grain Dinner Roll

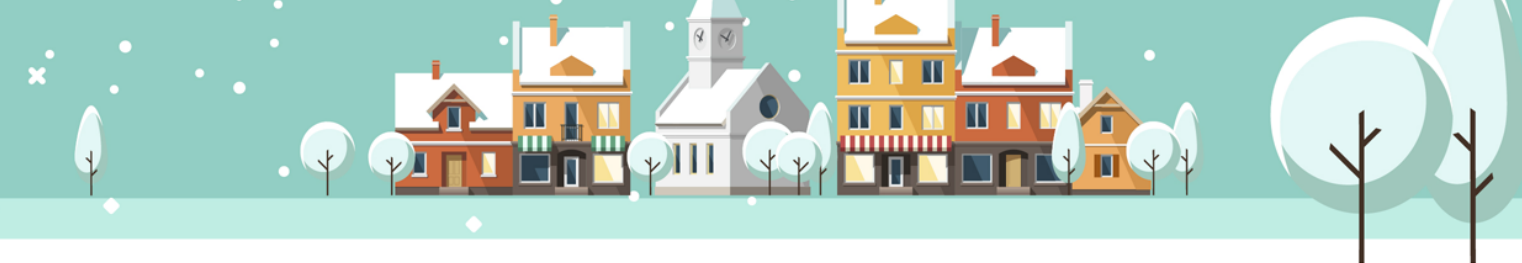
24
 Turkey & Cheese on Wheat Bread
 Black Bean & Corn Salad
 Sunset Sip Vegetable Juice
 Fresh Fruit
 Bagged Apple Slices

25
 Chicken Salad on Whole Grain Pretzel Roll
 Cole Slaw
 Cherry Star Vegetable Juice
 Fresh Fruit
 Apple Crisps

26
 Southwest Chicken Fajita Wrap on Whole Grain Tortilla
 Fiesta Corn Salad
 Dragon Punch Vegetable Juice
 Fresh Fruit
 Mixed Berry Apple Sauce

27
 Taco Salad
 Romaine Mix
 Dragon Punch Vegetable Juice
 Fresh Fruit
 Strawberry Apple Crisps
 Tortilla Chips

28
 Chicken Caesar Wrap on Whole Grain Tortilla
 Carrot Raisin Salad
 Bagged Baby Carrots
 Fresh Fruit
 Dole Mandarin Orange Cup



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.