



Elementary COLD Lunch



JANUARY 2022

“Cooking up a better life? Health is your main ingredient.”-
From Notre Dame School

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!



Roast Beef & Cheese on Wheat Bread **10**
Three Bean Salad
Fresh Fruit

Roasted Chicken & Tortellini Salad **11**
Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll

Chicken Salad on Whole Grain Bun **12**
Diced Tomato Salad
Fresh Fruit

American Cheese Hoagie on Whole Grain Roll **13**
Fiesta Corn Salad
Fresh Fruit

Chipotle Turkey Wrap on Whole Grain Tortilla **14**
Cucumber Salad
Fresh Fruit

Grilled Chicken & Lettuce on Whole Grain Pretzel Roll **17**
Corn & Green Bean Salad
Fresh Fruit

Turkey Ham & Cheese on Wheat Bread **18**
White Bean Salad
Fresh Fruit

Tuna Salad on Whole Grain Flatbread **19**
Potato Salad
Fresh Fruit

Pizza Protein Pack with Sauce & Cheese on Whole Grain Flatbread **20**
Baby Carrots
Fresh Fruit

Chicken Strawberry Salad **21**
Fresh Spinach
Fresh Fruit
Whole Grain Dinner Roll

Turkey & Cheese on Wheat Bread **24**
Black Bean & Corn Salad
Fresh Fruit

Chicken Salad on Whole Grain Pretzel Roll **25**
Cole Slaw
Fresh Fruit

Southwest Chicken Fajita Wrap on Whole Grain Tortilla **26**
Fiesta Corn Salad
Fresh Fruit

Taco Salad Romaine Mix Fresh Fruit Tortilla Chips **27**

Chicken Caesar Wrap on Whole Grain Tortilla Carrot Raisin Salad Fresh Fruit **28**



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.