



Elementary COLD Lunch

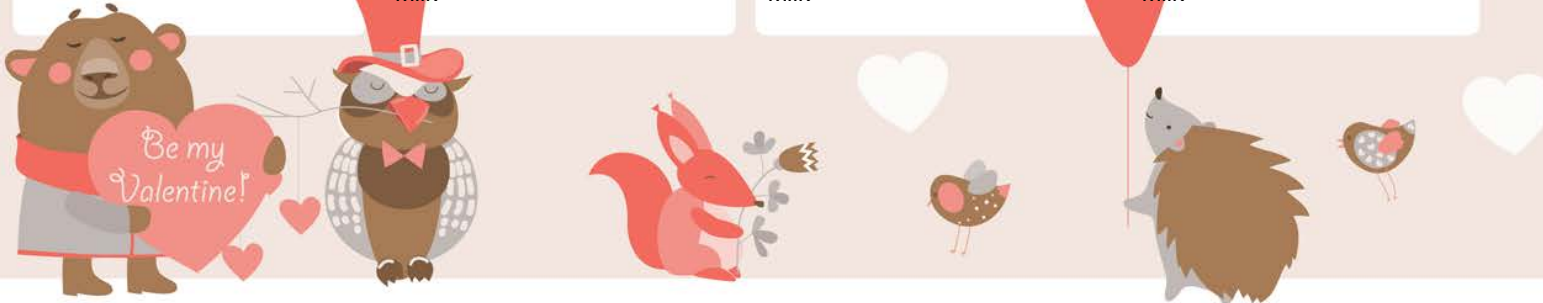
FEBRUARY 2022

“Get healthy so you can grow big and strong!” – From Olney Christian 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
Beef Bologna & Cheese On Wheat Bread 31 Potato Salad Fresh Fruit Milk	Chicken Salad on a Whole Grain Bun 1 Celery Sticks Fresh Fruit Milk	Tuna Sandwich 2 Bagged Baby Carrots Fresh Fruit Whole Grain Flatbread Milk	Buffalo Chicken Salad 3 Romaine Mix Fresh Fruit Whole Grain Roll Milk	Egg Salad on a Whole Grain Bun 4 White Bean Salad Fresh Fruit Milk
Turkey & Cheese on Whole Grain Wheat 7 Three Bean Salad Fresh Fruit Milk	Chicken Caesar Salad 8 Romaine Mix Fresh Fruit Whole Grain Dinner Roll Milk	Roast Beef & Cheese on a Whole Grain Kaiser Roll 9 Potato Salad Fresh Fruit Milk	Turkey Hoagie on a Whole Grain Hoagie Roll 10 Carrot Raisin Salad Fresh Fruit Milk	Tuna Salad 11 Cucumber Salad Fresh Fruit Whole Grain Flatbread Milk
Grilled Chicken on a Whole Grain Pretzel Roll 14 Sliced Cucumbers Fresh Fruit Milk	Chipotle Turkey Wrap on a Whole Grain Tortilla 15 Garbanzo Bean Salad Fresh Fruit Milk	Italian Wrap on a Whole Grain Tortilla 16 Fiesta Corn Salsa Fresh Fruit Milk	Turkey & Cheese on Whole Grain Wheat Bread 17 Bagged Baby Carrots Fresh Fruit Milk	Garden Salad with Egg 18 Romaine Mix Fresh Fruit Milk Whole Grain Dinner Roll
Turkey Ham & Cheese on a Whole Grain Club Roll 21 White Bean Salad Fresh Fruit Milk	Tune on a Whole Grain Kaiser Roll 22 Celery Sticks Fresh Fruit Milk	Southwest Chicken Fajita Wrap on a Whole Grain Tortilla 23 Fiesta Corn Salad Fresh Fruit Milk	Chicken & Strawberry Salad 24 Fresh Spinach Fresh Fruit Whole Grain Dinner Roll Milk	American Cheese Hoagie on a Whole Grain Club Roll 25 Salsa Cup & Chips Fresh Fruit Milk



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.