



JUNE 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
<p>Memorial Day 30</p> <p>Turkey & Cheese on Wheat Bread 6</p> <p>Turkey BLT on Whole Grain Flatbread 13</p>	<p>Chicken Garden Salad Romaine Mix Dragon Punch Vegetable Juice Fresh Fruit Dole Mandarin Orange Cup Whole Grain Dinner Roll Milk 31</p> <p>American Hoagie on Whole Grain Roll Celery Sticks Dragon Punch Vegetable Juice Fresh Fruit Watermelon Craisins Milk 7</p> <p>Chicken Salad on Whole Grain Bun White Bean Salad Wango Mango Vegetable Juice Fresh Fruit Mixed Berry Applesauce Milk 14</p>	<p>Tuna Salad Sandwich on Whole Grain Flat Bread 1</p> <p>Chicken Caesar Wrap on Whole Grain Tortilla 8</p> <p>Roast Beef & cheese on Whole Grain Bun 15</p>	<p>BBQ Chicken Wrap on Whole Grain Tortilla 2</p> <p>Garden Salad with Cheese Romaine Mix Wango Mango Vegetable Juice Fresh Fruit Dole Tropical Fruit Cup Whole Grain Dinner Roll Milk 9</p> <p>Beef Bologna & Cheese on Wheat Bread 16</p>	<p>Hummus Protein Pak Sliced Cucumbers Cherry Star Vegetable Juice Fresh Fruit Bagged Sliced Apples Whole Grain Pita Milk 3</p> <p>Grilled Chicken on Whole Grain Bun Fiesta Corn Salsa Dragon Punch Vegetable Juice Fresh Fruit Mixed Berry Applesauce Milk 10</p> <p>Tuna Salad Sandwich on Whole Grain Flat Bread Cucumber Salad Wango Mango Vegetable Juice Fresh Fruit Cherry Craisins Milk 17</p>
20	21	22	23	24
27	28	29	30	

Have a great summer!

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.