


LUNCH
COLD



OCTOBER 2022
Elementary

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
Grilled Chicken Sandwich Fiesta Corn Salsa Apple Slices Milk 3	Asian Noodle Chicken Salad Fresh Broccoli Orange Milk 4	Chicken Salad BLT Wrap Cucumber Salad Peach Milk 5	Chipotle Turkey Wrap Three Bean Salad Apple Slices Milk 6	American Hoagie Bagged Baby Carrots Pear Milk 7
Bologna & Cheese Sandwich Fiesta Corn Salsa Apple Milk 10	Southwest Chicken Fajita Flatbread Celery Sticks Orange Milk 11	Chef Salad Applesauce Cup Milk 12	Deli Turkey Wrap Black Bean & Corn Salsa Apple Slices Milk 13	Chicken Salad Sandwich Bagged Baby Carrots Banana Milk 14
Turkey BLT Flatbread Carrot Raisin Salad Apple Slices Milk 17	Roast Beef & Cheese Sandwich White Tuscan Bean Salad Apple Slices Milk 18	Cravin Craisin Turkey Salad Orange Dinner Roll Milk 19	Buffalo Chicken Wrap Buttermilk Ranch Potato Salad Blueberries Milk 20	Vegetarian Hummus Plate with Flatbread Apple Slices Milk 21
Turkey & Cheese Sandwich Potato Salad Apple Slices Milk 24	BBQ Chicken Salad Orange Milk 25	Roast Beef & Cheese Sandwich Carrot Raisin Salad Peach Milk 26	Tuna Salad on Wheat Bread Black Bean & Corn Salsa Apple Slices Milk 27	Chicken Caesar Wrap Creamy Cole Slaw Banana Milk 28
 31				

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, 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.