

LUNCH
COLD



OCTOBER 2022
High 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

Grilled Chicken Sandwich **3**
Fiesta Corn Salsa
Bagged Baby Carrots
Apple Slices
Mott's Apple Juice
Milk

Bologna & Cheese Sandwich **10**
Fiesta Corn Salsa
Bagged Baby Carrots
Apple Mott's Fruit Punch Juice
Milk

Turkey BLT Flatbread **17**
Carrot Raisin Salad
Apple Slices
Cherry Craisins
Milk

Turkey & Cheese Sandwich **24**
Potato Salad
Cherry Star Vegetable Juice
Apple Slices
Dole Peach Cup
Milk

31


Tuesday

Asian Noodle Chicken Salad **4**
Fresh Broccoli
Orange
Dole Pineapple Cup
Milk

Southwest Chicken Fajita **11**
Flatbread
Celery Sticks
Orange
Dole Tropical Fruit Cup
Milk

Roast Beef & Cheese Sandwich **18**
White Tuscan Bean Salad
Apple Slices
Dole Pineapple Cup
Milk

BBQ Chicken Salad **25**
Orange
Mott's Apple Juice
Chocolate Chip Cookie
Milk

Wednesday

Chicken Salad BLT Wrap **5**
Cucumber Salad
Cherry Star Vegetable Juice
Peach
Mott's Apple White Grape Juice
Milk

Chef Salad **12**
Applesauce Cup
Watermelon Craisins
Chocolate Chip Cookie
Milk

Cravin Craisin Turkey Salad **19**
Dragon Punch Vegetable Juice
Orange
Mott's Apple White Grape Juice
Dinner Roll
Milk

Roast Beef & Cheese Sandwich **26**
Carrot Raisin Salad
Peach
Cherry Craisins
Milk

Thursday

Chipotle Turkey Wrap **6**
Three Bean Salad
Apple Slices
Mott's Fruit Punch Juice
Milk

Deli Turkey Wrap **13**
Black Bean & Corn Salsa
Apple Slices
Mott's Apple Juice
Milk

Buffalo Chicken Wrap **20**
Buttermilk Ranch Potato Salad
Sunset Sip Vegetable Juice
Blueberries
Mott's Fruit Punch Juice
Milk

Tuna Salad on Wheat Bread **27**
Black Bean & Corn Salsa
Dragon Punch Vegetable Juice
Apple Slices
Mixed Berry Applesauce
Milk

Friday

American Hoagie **7**
Bagged Baby Carrots
Dragon Punch Vegetable Juice
Pear
Watermelon Craisins
Milk

Chicken Salad Sandwich **14**
Bagged Baby Carrots
Wango Mango Vegetable Juice
Banana
Dole Tropical Fruit Cup
Milk

Vegetarian Hummus Plate with **21**
Flatbread
Apple Slices
Apple Crisps
Milk

Chicken Caesar Wrap **28**
Creamy Cole Slaw
Banana
Strawberry Apple Crisps
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, 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.