



LUNCH

Cold



SEPTEMBER 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

Turkey & Cheese Sandwich
Potato Salad
Bagged Baby Carrots
Apple Slices
Mott's Fruit Punch Juice
Milk

29

Tuesday

BBQ Chicken Salad
Orange
Dole Tropical Fruit Cup
Tostitos Scoops
Milk

30

Wednesday

Roast Beef & Cheese Sandw
Carrot Raisin Salad
Peach
Watermelon Craisins
Milk

31

Thursday

Tuna Salad on Wheat Bread
Black Bean & Corn Salsa
Sunset Sip Vegetable Juice
Apple Slices
Mott's Apple Juice
Milk

1

Friday

Chicken Caesar Wrap
Creamy Cole Slaw
Banana
Dole Tropical Fruit Cup
Milk

2

Labor Day

5

Asian Noddle Chicken Salad
Broccoli
Orange
Dole Pineapple Cup
Milk

6

Chicken Salad BLT Wrap
Cucumber Salad
Dragon Punch Vegetable Juice
Peach
Mott's Apple White Grape Juice
Milk

7

Chipotle Turkey Wrap
Three Bean Salad
Apple Slices
Apple Crisps
Milk

8

American Hoagie
Bagged Baby Carrots
Sunset Sip Vegetable Juice
Pear
Mott's Fruit Punch Juice
Milk

9

Bologna & Cheese Sandwich
Fiesta Corn Salsa
Cherry Star Vegetable Juice
Apple
Dole Peach Cup
Milk

12

Southwest Chicken Fajita
Flatbread
Celery Sticks
Orange
Mott's Apple Juice
Milk

13

Chef Salad
Applesauce Cup
Mott's Apple White Grape Juice
Cinnamon Scooby Snacks
Milk

14

Deli Turkey Wrap
Black Bean & Corn Salsa
Apple Slices
Cherry Craisins
Milk

15

Chicken Salad Sandwich
Bagged Baby Carrots
Wango Mango Vegetable Juice
Banana
Strawberry Apple Crisps
Milk

16

Turkey BLT Flatbread
Carrot Raisin Salad
Apple Slices
Cherry Craisins
Milk

19

Roast Beef & Cheese
Sandwich
White Tuscan Bean Salad
Apple Slices
Fresh Fruit
Milk

20

Cravin Crasin Turkey Salad
Wango Mango Vegetable Juice
Orange
Apple Crisps
Dinner Roll
Milk

21

Buffalo Chicken Wrap
Buttermilk Ranch Potato
Salad
Sunset Sip Vegetable Juice
Blueberries
Dole Pineapple Cup
Milk

22

Vegetarian Hummus Plate
With Flatbread
Apple Slices
Mott's Apple Juice
Milk

23

Turkey & Cheese Sandwich
Potato Salad
Sunset Sip Vegetable Juice
Apple Slices
Mixed Berry Applesauce
Milk

26

BBQ Chicken Salad
Orange
Mott's Apple White Grape Juice
Chocolate Chip Cookie
Milk

27

Roast Beef & Cheese
Sandwich
Carrot Raisin Salad
Peach
Apple Crisps
Milk

28

Tuna Salad on Wheat Bread
Black Bean & Corn Salad
Bagged Baby Carrots
Apple Slices
Strawberry Craisins
Milk

29

Chicken Caesar Wrap
Creamy Cole Slaw
Banana
Mott's Fruit Punch Juice
Milk

30

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.