



DECEMBER 2022

Elementary 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



5
 Roast Beef & Cheese on Wheat Bread
 Three Bean Salad
 Fresh Fruit
 Milk

6
 Roasted Chicken & Tortellini Salad
 Romaine Mix
 Fresh Fruit
 Dinner Roll
 Milk

7
 Chicken Salad on Whole Grain Bun
 Diced Tomato Salad
 Fresh Fruit
 Milk



8
 American Cheese Hoagie on a Whole Grain Roll
 Fiesta Corn Salsa
 Fresh Fruit
 Milk



9
 Chipotle Turkey Wrap on a Whole Grain Tortilla
 Cucumber Salad
 Fresh Fruit
 Milk

12
 Grilled Chicken & Lettuce on a Pretzel Roll
 Corn & Green Bean Salad
 Fresh Fruit
 Milk

13
 Turkey Ham & Cheese on Wheat Bread
 White Bean Salad
 Fresh Fruit
 Milk

14
 Tuna Salad on Flatbread
 Potato Salad
 Fresh Fruit
 Milk

15
 Pizza Protein Pack with Cheese & Sauce
 Bagged Baby Carrots
 Flatbread
 Mil

16
 Chicken Strawberry Salad
 Fresh Spinach
 Fresh Fruit
 Dinner Roll
 Milk

19
 Turkey & Cheese on Wheat Bread
 Black Bean & Corn Salad
 Fresh Fruit
 Milk

20
 Chicken Salad on a Pretzel Roll
 Cole Slaw
 Fresh Fruit
 Milk

21
 Southwest Chicken Fajita Wrap on a Whole Grain Tortilla
 Fiesta Corn Salsa
 Fresh Fruit
 Milk

22
 Taco Salas
 Romaine Mix
 Fresh Fruit
 Tortilla Chips
 Milk

23
 Chicken Caesar Wrap on a Tortilla
 Carrot Raisin Salad
 Fresh Fruit
 Milk

January 2
 Beef Bologna & Cheese on Wheat Bread
 Bagged Baby Carrots
 Fresh Fruit
 Milk

3
 Grilled Chicken & Lettuce on a Whole Grain Bun
 Celery Sticks
 Celery Sticks
 Fresh Fruit
 Milk

4
 Macaroni Pasta Salad with Tuna
 Fresh Spinach
 Fresh Fruit
 Milk

5
 American Hoagie on a Whole Grain Roll
 Potato Salad
 Fresh Fruit
 Milk

6
 Turkey & Cheese on Wheat Bread
 Black Bean & Corn Salad
 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, 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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.