

JANUARY 2023

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

HAPPY NEW YEAR!

Roast Beef & Cheese on Wheat Bread
Three Bean Salad
Fresh Fruit
Milk **9**

Roasted Chicken & Tortellini Salad
Romaine Mix
Fresh Fruit
Dinner Roll
Milk **10**

Chicken Salad on a Whole Grain Bun
Diced Tomato Salad
Fresh Fruit
Milk **11**

American Cheese Hoagie on a Whole Grain Roll
Fiesta Corn Salsa
Fresh Fruit
Milk **12**

Chipotle Turkey Wrap on a Whole Grain Tortilla
Cucumber Salad
Fresh Fruit
Milk **13**

16
Martin Luther King Jr. Day

Turkey Ham & Cheese on Wheat Bread
White Bean Salad
Fresh Fruit
Milk **17**

Tuna Salad on Whole Grain Flatbread
Potato Salad
Fresh Fruit
Milk **18**

Pizza Protein Pack with Cheese & Sauce
Bagged Baby Carrots
Fresh Fruit
Flatbread
Milk **19**

Chicken Strawberry Salad
Fresh Spinach
Fresh Fruit
Dinner Roll
Milk **20**

Turkey & Cheese on Wheat Bread
Black Bean & Corn Salad
Fresh Fruit
Milk **23**

Chicken Salad on a Pretzel Roll
Cole Slaw
Fresh Fruit
Milk **24**

Southwest Chicken Fajita Wrap on a Whole Grain Tortilla
Fiesta Corn Salsa
Fresh Fruit
Milk **25**

Taco Salad
Romaine Mix
Fresh Fruit
Tortilla Chips
Milk **26**

Chicken Caesar Wrap on a Tortilla
Carrot Raisin Salad
Fresh Fruit
Milk **27**

Beef Bologna & Cheese on Wheat Bread
Bagged Baby Carrots
Fresh Fruit
Milk **30**

Grilled Chicken & Lettuce on a Whole Grain Bun
Celery Sticks
Fresh Fruit
Milk **31**

Macaroni Pasta Salad with Tuna
Fresh Spinach
Fresh Fruit
Breadstick
Milk **1**

American Hoagie on a Whole Grain Roll
Potato Salad
Fresh Fruit
Milk **2**

Turkey & Cheese on Wheat Bread
Black Bean & Corn Salad
Fresh Fruit
Milk **3**

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.