

JANUARY 2023

High School 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 **9**
Three Bean Salad
Fresh Fruit
Mott's Fruit Punch Juice
Milk

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

Chicken Salad on a Whole Grain Bun **11**
Diced Tomato Salad
Cherry Star Vegetable Juice
Fresh Fruit
Apple Crisps
Milk

American Cheese Hoagie on a Whole Grain Roll **12**
Fiesta Corn Salsa
Fresh Fruit
Mixed Berry Applesauce
Goldfish Pretzels
Milk

Chipotle Turkey Wrap on a Whole Grain Tortilla **13**
Cucumber Salad
Fresh Fruit
Mott's Apple Juice
Milk

16
Martin Luther King Jr. Day

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

Tuna Salad on Whole Grain Flatbread **18**
Potato Salad
Dragon Punch Vegetable Juice
Fresh Fruit
Strawberry Craisins
Milk

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

Chicken Strawberry Salad **20**
Fresh Spinach
Sunset Sip Vegetable Juice
Fresh Fruit
Mott's Apple Juice
Dinner Roll
Milk

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

Chicken Salad on a Pretzel Roll **24**
Cole Slaw
Bagged Baby Carrots
Fresh Fruit
Mott's Apple Juice
Milk

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

Taco Salad **26**
Romaine Mix
Fresh Fruit
Mott's Fruit Punch Juice
Tortilla Chips
Oatmeal Cookie
Milk

Chicken Caesar Wrap on a Tortilla **27**
Carrot Raisin Salad
Wango Mango Vegetable Juice
Fresh Fruit
Dole Pear Cup
Milk

Beef Bologna & Cheese on Wheat Bread **30**
Bagged Baby Carrots
Salsa
Fresh Fruit
Mott's Apple Juice
Tostito Scoops
Milk

Grilled Chicken & Lettuce on a Whole Grain Bun **31**
Celery Sticks
Dragon Punch Vegetable Juice
Fresh Fruit
Mixed Berry Applesauce
Milk

Macaroni Pasta Salad with Tuna **1**
Fresh Spinach
Fresh Fruit
Mott's Fruit Punch Juice
Breadstick
Milk

American Hoagie on a Whole Grain Roll **2**
Potato Salad
Bagged Baby Carrots
Fresh Fruit
Watermelon Craisins
Milk

Turkey & Cheese on Wheat Bread **3**
Black Bean & Corn Salad
Fresh Fruit
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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.