

# MARCH 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

**6**  
Beef Bologna & Cheese on Wheat Bread  
Fiesta Corn Salsa  
Mott's Apple Juice  
Fresh Fruit  
Milk

**7**  
Chicken Salad on a Whole Grain Bun  
Celery Sticks  
Dragon Punch Vegetable Juice  
Mixed Berry Applesauce  
Fresh Fruit  
Milk

**8**  
DIY Cheese Pizza Kit  
Bagged Baby Carrots  
Fresh Fruit  
Dole Strawberry Gello Bowl  
Whole Grain Flatbread  
Milk

**9**  
Garden Salad with Chicken Romaine Mix  
Fresh Fruit  
Watermelon Craisins  
Whole Grain Roll  
Cinnamon Scooby Snacks  
Milk

**10**  
Egg Salad on a Whole Grain Bun  
White Bean Salad  
Cherry Star Vegetable Juice  
Strawberry Apple Crisps  
Fresh Fruit  
Milk

**13**  
Turkey & Cheese on Wheat Bread  
Three Bean Salad  
Craisins  
Fresh Fruit  
Milk

**14**  
Chicken Caesar Salad Romaine Mix  
Bagged Baby Carrots  
Mott's Apple Juice  
Fresh Fruit  
Whole Grain Dinner Roll  
Milk

**15**  
Roast Beef & Cheese on Wheat Bread  
Potato Salad  
Dragon Punch Vegetable Juice  
Mixed Berry Applesauce  
Fresh Fruit  
Milk

**16**  
Turkey & Cheese Hoagie on a Club Roll  
Diced Tomato Salad  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

**17**  
Tuna Salad  
Cucumber Salad  
Wango Mango Vegetable Juice  
Apple Crisps  
Fresh Fruit  
Whole Grain Flatbread  
Milk

**20**  
Grilled Chicken on a Whole Grain Bun  
Cole Slaw  
Wango Mango Vegetable Juice  
Mott's Fruit Punch Juice  
Fresh Fruit  
Milk

**21**  
Turkey & Cheese on a Club Roll  
Garbanzo Bean Salad  
Fresh Fruit  
Apple Crisps  
Cinnamon Scooby Snacks  
Milk

**22**  
Italian Hoagie on a Club Roll  
Fiesta Corn Salsa  
Dragon Punch Vegetable Juice  
Dole Mandarin Orange Cup  
Fresh Fruit  
Milk

**23**  
Turkey & Cheese Wrap on a Whole Grain Tortilla  
Bagged Baby Carrots  
Salsa  
Mott's Fruit Punch Juice  
Fresh Fruit  
Milk  
Tostito Scoops

**24**  
Garden Salad with Egg Romaine Mix  
Cherry Star Vegetable Juice  
Watermelon Craisins  
Fresh Fruit  
Whole Grain Dinner Roll  
Chocolate Chip Cookie  
Milk

**27**  
Turkey Ham & Cheese on Wheat Bread  
Three Bean Salad  
Dole Mixed Fruit Cup  
Fresh Fruit  
Milk

**28**  
Harvest Turkey Salad on a Whole Grain Bun  
Celery Sticks  
Sunset Sip Vegetable Juice  
Cherry Craisins  
Fresh Fruit  
Milk

**29**  
Southwest Chicken Fajita Wrap on a Whole Grain Tortilla  
Fiesta Corn Salad  
Dole Mandarin Orange Cup  
Fresh Fruit  
Milk

**30**  
Chicken & Strawberry Spinach Salad  
Fresh Spinach  
Cherry Star Vegetable Juice  
Mixed Berry Applesauce  
Fresh Fruit  
Whole Grain Dinner Roll  
Milk

**31**  
American Cheese Hoagie on a Club Roll  
Salsa Cup & Chips  
Sunset Sip Vegetable Juice  
Strawberry Apple Crisps  
Fresh Fruit  
Milk

**PLEASE READ CAREFULLY.** Parents are strongly advised to review the menu completely to ensure that each of the food items are suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, 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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.