

APRIL 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

Beef Bologna & Cheese on Wheat Bread **3**
 Fiesta Corn Salsa
 Fresh Fruit
 Mott's Fruit Punch Juice
 Milk

Turkey & Cheese on Wheat Bread **10**
 Three Bean Salad
 Fresh Fruit
 Dole Tropical Fruit Cup
 Milk

Grilled Chicken on a Whole Grain Bun **17**
 Cole Slaw
 Dragon Punch Vegetable Juice
 Fresh Fruit
 Strawberry Craisins
 Milk

Turkey Ham & Cheese on Wheat Bread **24**
 Three Bean Salad
 Fresh Fruit
 Craisins
 Milk

Tuesday

Chicken Salad on a Whole Grain Bun **4**
 Celery Sticks
 Bagged Baby Carrots
 Fresh Fruit
 Watermelon Craisins
 Milk

Chicken Caesar Salad **11**
 Romaine Mix
 Sunset Sip Vegetable Juice
 Fresh Fruit
 Strawberry Apple Crisps
 Whole Grain Dinner Roll
 Milk

Turkey & Cheese on a Club Roll **18**
 Garbanzo Bean Salad
 Fresh Fruit
 Dole Tropical Fruit Cup
 Tostitos Scoops
 Milk

Harvest Turkey Salad on a Whole Grain Bun **25**
 Celery Sticks
 Bagged Baby Carrots
 Fresh Fruit
 Apple Crisps
 Milk

Wednesday

DIY Cheese Pizza Kit **5**
 Bagged Baby Carrots
 Fresh Fruit
 Dole Orange Gello Bowl
 Whole Grain Flatbread
 Milk

Roast Beef & Cheese on Wheat Potato Salad **12**
 Wango Mango Vegetable Juice
 Fresh Fruit
 Mixed Berry Applesauce
 Milk

Italian Hoagie on a Club Roll **19**
 Fiesta Corn Salsa
 Wango Mango Vegetable Juice
 Fresh Fruit
 Mott's Apple Juice
 Milk

Southwest Chicken Fajita Wrap on a Whole Grain Tortilla **26**
 Fiesta Corn Salad
 Fresh Fruit
 Mixed Berry Applesauce
 Milk

Thursday

Garden Salad with Chicken **6**
 Romaine Mix
 Fresh Fruit
 Whole Grain Roll
 Milk

Turkey & Cheese Hoagie on a Club Roll **13**
 Diced Tomato Salad
 Fresh Fruit
 Apple Crisps
 Milk

Turkey & Cheese Wrap on a Whole Grain Tortilla **20**
 Bagged Baby Carrots
 Cherry Star Vegetable Juice
 Fresh Fruit
 Watermelon Craisins
 Milk

Chicken & Strawberry Spinach Salad **27**
 Fresh Spinach
 Wango Mango Vegetable Juice
 Fresh Fruit
 Dole Peach Cup
 Whole Grain Dinner Roll
 Milk

Friday

Egg Salad on a Whole Grain Bun **7**
 White Bean Salad
 Fresh Fruit
 Milk

Tuna Salad **14**
 Cucumber Salad
 Wango Mango Vegetable Juice
 Fresh Fruit
 Whole Grain Flatbread
 Milk

Garden Salad with Egg **21**
 Romaine Mix
 Dragon Punch Vegetable Juice
 Fresh Fruit
 Dole Strawberry Gello Bowl
 Whole Grain Dinner Roll
 Goldfish Pretzels
 Milk

American Cheese Hoagie on a Club Roll **28**
 Salsa Cup & Chips
 Dragon Punch Vegetable Juice
 Fresh Fruit
 Watermelon Craisins
 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, 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.