

MARCH 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

6
Beef Bologna & Cheese on Wheat Bread
Fiesta Corn Salsa
Fresh Fruit
Milk

7
Chicken Salad on a Whole Grain Bun
Celery Sticks
Fresh Fruit
Milk

8
DIY Cheese Pizza Kit
Bagged Baby Carrots
Fresh Fruit
Whole Grain Flatbread
Milk

9
Garden Salad with Chicken Romaine Mix
Fresh Fruit
Whole Grain Roll
Milk

10
Egg Salad on a Whole Grain Bun
White Bean Salad
Fresh Fruit
Milk

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

14
Chicken Caesar Salad Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

15
Roast Beef & Cheese on Wheat Bread
Potato Salad
Fresh Fruit
Milk

16
Turkey & Cheese Hoagie on a Club Roll
Diced Tomato Salad
Fresh Fruit
Milk

17
Tuna Salad
Cucumber Salad
Fresh Fruit
Whole Grain Flatbread
Milk

20
Grilled Chicken on a Whole Grain Bun
Cole Slaw
Fresh Fruit
Milk

21
Turkey & Cheese on a Club Roll
Garbanzo Bean Salad
Fresh Fruit
Milk

22
Italian Hoagie on a Club Roll
Fiesta Corn Salsa
Fresh Fruit
Milk

23
Turkey & Cheese Wrap on a Whole Grain Tortilla
Bagged Baby Carrots
Fresh Fruit
Milk

24
Garden Salad with Egg Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

27
Turkey Ham & Cheese on Wheat Bread
Three Bean Salad
Fresh Fruit
Milk

28
Harvest Turkey Salad on a Whole Grain Bun
Celery Sticks
Fresh Fruit
Milk

29
Southwest Chicken Fajita Wrap on a Whole Grain Tortilla
Fiesta Corn Salad
Fresh Fruit
Milk

30
Chicken & Strawberry Spinach Salad
Fresh Spinach
Fresh Fruit
Whole Grain Dinner Roll
Milk

31
American Cheese Hoagie on a Club Roll
Salsa Cup & Chips
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.