



MAY 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
Beef Bologna & Cheese on Wheat Bread Bagged Baby Carrots Fresh Fruit Milk 1	Chicken Garden Salad Romaine Mix Fresh Fruit Goldfish Milk 2	Tuna Salad Sandwich Fiesta Corn salsa Fresh Fruit Whole Grain Flatbread Milk 3	BBQ Chicken Wrap on a Whole Grain tortilla Black Bean & Corn Salad Fresh Fruit Milk 4	Hummus Protein Pack with String Cheese, Baby Carrots, Cucumbers, Peppers & Celery Fresh Fruit Whole Grain Flatbread Milk 5
Turkey & Cheese on Wheat Bread Three Bean Salad Fresh Fruit Milk 8	Southwest Fajita Wrap on a Whole Grain Tortilla Celery Sticks Fresh Fruit Milk 9	Chicken Caesar Wrap on a Whole Grain Tortilla Fiesta Corn Salsa Fresh Fruit Milk 10	Garden Salad with Cheese Romaine Mix Fresh Fruit Cheez Its Milk 11	Grilled Chicken on a Whole Grain Bun Carrot Raisin Salad Fresh Fruit Milk 12
Turkey Ham & Cheese on Wheat Bread Garbanzo Bean Salad Fresh Fruit Milk 15	Beef Bologna & Cheese on Wheat Bread Bagged Baby Carrots Fresh Fruit Milk 16	Chicken Strawberry Salad Romaine Mix Fresh Fruit Dinner Roll Milk 17	Turkey & Cheese on Wheat Bread Fiesta Corn Salsa Fresh Fruit Milk 18	Tuna Salad Sandwich on a Whole Grain Bun Cole Slaw Fresh Fruit Milk 19
Grilled Chicken on a Whole Grain Bun Three Bean Salad Fresh Fruit Milk 22	Harvest Turkey Salad on a Whole Grain Club Roll Fresh Fruit Tostito Chips & Salsa Milk 23	Roast Beef & Cheese on Wheat Bread Potato Salad Fresh Fruit Milk 24	Asian Chicken Wrap on a Whole Grain Tortilla Cole Slaw Fresh Fruit Milk 25	Italian Pasta Salad Fresh Spinach Fresh Fruit Whole Grain Pasta Milk 26
Beef Bologna & Cheese on Wheat Bread Bagged Baby Carrots Fresh Fruit Milk 29	Chicken Garden Salad Romaine Mix Fresh Fruit Goldfish Milk 30	Tuna Salad Sandwich Fiesta Corn Salsa Fresh Fruit Whole Grain Flatbread Milk 31	BBQ Chicken Wrap on a Whole Grain Tortilla Black Bean & Corn Salad Fresh Fruit Milk 1	Hummus Protein Pack with String Cheese, Baby Carrots, Cucumbers, Peppers & Celery Fresh Fruit Whole Grain Flatbread Milk 2

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.