



# MAY 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
Beef Bologna & Cheese on Wheat Bread Bagged Baby Carrots Sunset Sip Vegetable Juice Fresh Fruit Strawberry Craisins Milk <span style="float: right;">1</span>	Chicken Garden Salad Romaine Mix Fresh Fruit Mixed Berry Applesauce Goldfish Chocolate Chip Cookie Milk <span style="float: right;">2</span>	Tuna Salad Sandwich Fiesta Corn salsa Fresh Fruit Dole Mandarin Orange Cup Whole Grain Flatbread Milk <span style="float: right;">3</span>	BBQ Chicken Wrap on a Whole Grain tortilla Black Bean & Corn Salad Fresh Fruit Mott's Apple Juice Milk <span style="float: right;">4</span>	Hummus Protein Pack with String Cheese, Baby Carrots, Cucumbers, Peppers & Celery Fresh Fruit Watermelon Craisins Whole Grain Flatbread Milk <span style="float: right;">5</span>
Turkey & Cheese on Wheat Bread Three Bean Salad Fresh Fruit Dole Mixed Fruit Cup Milk <span style="float: right;">8</span>	Southwest Fajita Wrap on a Whole Grain Tortilla Celery Sticks Fresh Fruit Mott's Apple Juice Milk <span style="float: right;">9</span>	Chicken Caesar Wrap on a Whole Grain Tortilla Fiesta Corn Salsa Fresh Fruit Dole Mandarin Orange Cup Milk <span style="float: right;">10</span>	Garden Salad with Cheese Romaine Mix Fresh Fruit Strawberry Apple Crisps Cheez Its Sunchips Milk <span style="float: right;">11</span>	Grilled Chicken on a Whole Grain Bun Carrot Raisin Salad Dragon Punch Vegetable Juice Fresh Fruit Watermelon Craisins Milk <span style="float: right;">12</span>
Turkey Ham & Cheese on Wheat Bread Garbanzo Bean Salad Fresh Fruit Mott's Fruit Punch Juice Milk <span style="float: right;">15</span>	Beef Bologna & Cheese on Wheat Bread Bagged Baby Carrots Cherry Star Vegetable Juice Fresh Fruit Watermelon Craisins Milk <span style="float: right;">16</span>	Chicken Strawberry Salad Romaine Mix Cherry Star Vegetable Juice Fresh Fruit Dole Orange Gello Bowl Dinner Roll Milk <span style="float: right;">17</span>	Turkey & Cheese on Wheat Bread Fiesta Corn Salsa Fresh Fruit Apple Crisps Milk <span style="float: right;">18</span>	Tuna Salad Sandwich on a Whole Grain Bun Cole Slaw Wango Mango Vegetable Juice Fresh Fruit Mott's Apple Juice Milk <span style="float: right;">19</span>
Grilled Chicken on a Whole Grain Bun Three Bean Salad Dragon Punch Vegetable Juice Fresh Fruit Mixed Berry Applesauce Milk <span style="float: right;">22</span>	Harvest Turkey Salad on a Whole Grain Club Roll Bagged Baby Carrots Fresh Fruit Strawberry Apple Crisps Tostito Chips & Salsa Milk <span style="float: right;">23</span>	Roast Beef & Cheese on Wheat Bread Potato Salad Fresh Fruit Strawberry Craisins Milk <span style="float: right;">24</span>	Asian Chicken Wrap on a Whole Grain Tortilla Cole Slaw Fresh Fruit Mott's Fruit Punch Juice Milk <span style="float: right;">25</span>	Italian Pasta Salad Fresh Spinach Cole Slaw Dole Tropical Fruit Cup Whole Grain Pasta Oatmeal Cookie Milk <span style="float: right;">26</span>
<b>Memorial Day</b> <span style="float: right;">29</span>	Chicken Garden Salad Romaine Mix Fresh Fruit Mott's Fruit Punch Juice Goldfish Chocolate Chip Cookie Milk <span style="float: right;">30</span>	Tuna Salad Sandwich Fiesta Corn Salsa Fresh Fruit Strawberry Craisins Whole Grain Flatbread Milk <span style="float: right;">31</span>	BBQ Chicken Wrap on a Whole Grain Tortilla Black Bean & Corn Salad Fresh Fruit Watermelon Craisins Milk <span style="float: right;">1</span>	Hummus Protein Pack with String Cheese, Baby Carrots, Cucumbers, Peppers & Celery Fresh Fruit Dole Strawberry Gello Bowl Whole Grain Flatbread Milk <span style="float: right;">2</span>

**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.