

# JUNE 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



5  
Turkey & Cheese on Wheat Bread  
Three Bean Salad  
Fresh Fruit  
Craisins  
Milk

6  
Southwest Fajita Wrap on a Whole Grain Tortilla  
Celery Sticks  
Fresh Fruit  
Mott's Apple Juice  
Milk

7  
Chicken Caesar Wrap on a Whole Grain Tortilla  
Fiesta Corn Salsa  
Fresh Fruit  
Mixed Berry Applesauce  
Milk

8  
Garden Salad with Cheese  
Romaine Mix  
Fresh Fruit  
Dole Peach Cup  
Cheese Its  
Cinnamon Scooby Snacks  
Milk

9  
Grilled Chicken on a Whole Grain Bun  
Carrot Raisin Salad  
Wango Mango Vegetable Juice  
Fresh Fruit  
Watermelon Craisins  
Milk

12  
Turkey & Cheese on Wheat Bread  
Three Bean Salad  
Fresh Fruit  
Mott's Fruit Punch Juice  
Milk

13  
Beef Bologna & Cheese on Wheat Bread  
Bagged Baby Carrots  
Dragon Punch Vegetable Juice  
Fresh Fruit  
Mixed Berry Applesauce  
Milk

14  
Chicken Strawberry Salad  
Romaine Mix  
Bagged Baby Carrots  
Fresh Fruit  
Dole Mandarin Orange Cup  
Dinner Roll  
Milk

15  
Turkey & Cheese on Wheat Bread  
Fiesta Corn Salsa  
Fresh Fruit  
Mott's Apple Juice  
Milk

16  
Tuna Salad Sandwich on a Whole Grain Bun  
Cole Slaw  
Cherry Star Vegetable Juice  
Fresh Fruit  
Watermelon Craisins  
Milk

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*Have a great summer!*

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**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.