

# Elementary Cold Lunch

## October 2023

Slogan Winner- "Live, Laugh, Lunch!" by Jack K. from Nazareth Academy, grade 7



Nutritional Development Services-Archdiocese of Philadelphia

222 N 17th St, Philadelphia, PA 19103

215-895-3470, option 1

NDSSchoolLunchProgram

SchoolMealsNDS

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### National School Lunch Week: October 9<sup>th</sup>-14<sup>th</sup>:

Celebrate National School Lunch Week by participating in the school lunch program! A healthy school lunch has shown to have a positive impact both in and out of the classroom!

### PA Harvest of the Month for October: Apples!

Celebrate by reaching for apple slices on 10/5 and fresh apples offered throughout the month!



Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>228 Turkey Ham &amp; Cheese Sub</b> 630 Dragon Punch Vegetable Juice 540 Garlic Hummus 644 Dole Pear Cup 932 Cinnamon Scooby Snacks	<b>274 Toasted Cheese Sandwich v</b> 633 Sunset Sip Vegetable Juice 620 Salsa 670 Fresh Fruit 941 Tostito Scoops	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> 632 Wango Mango Vegetable Juice 601 Home-style Potato Salad 752 Fruit Punch Juice	<b>242 Chicken, Turkey Ham &amp; Two Cheese Wedge Sandwich</b> 706 Romaine Salad with Cherry Tomatoes 697 Bagged Sliced Apples <b>OR</b> 682 Banana 931 Cinnamon Bug Bite Grahams	<b>404 Italian Combo Wrap</b> 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus 749 Apple Cherry Juice <b>World Smile Day</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>238 Chicken, Turkey Pepperoni &amp; Cheese on a Croissant</b> 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 649 Orange Gello Bowl <b>Columbus Day!</b>	<b>228 Turkey Ham &amp; Cheese Sub</b> 630 Dragon Punch Vegetable Juice 621 Celery 749 Apple Cherry Juice	<b>229 Turkey Ham &amp; Cheese Croissant</b> 715 Mexican Street Corn 670 Fresh Fruit 924 Sunchips	<b>236 Turkey &amp; Two Cheese Wedge Sandwich</b> 631 Cherry Star Vegetable Juice 620 Salsa 657 Strawberry Craisins 941 Tostitos Scoops	<b>261 Soy Butter &amp; Jelly Sandwich v</b> 708 Romaine Salad with Spinach & Chickpeas 750 Apple Juice <b>OR</b> 682 Banana 933 Cinnamon Tiger Bite Grahams
<b>National School Lunch Week!</b>				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>242 Chicken, Turkey Ham &amp; Two Cheese Wedge</b> 715 Mexican Street Corn 749 Apple Cherry Juice 990 Chocolate Chip Cookie	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> 620 Salsa 631 Cherry Star Vegetable Juice 646 Dole Peach Cup 941 Tostitos Scoops	<b>404 Italian Combo Wrap</b> 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 752 Fruit Punch Juice	<b>228 Turkey Ham &amp; Cheese Sub</b> 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit <b>OR</b> 682 Banana	<b>236 Turkey &amp; Two Cheese Wedge Sandwich</b> 630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 657 Strawberry Craisins 942 Sunchips
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> 633 Sunset Sip Vegetable Juice 602 PA Dutch Potato Salad 684 Mixed Berry Applesauce 928 Goldfish Pretzels	<b>229 Turkey Ham &amp; Cheese Croissant</b> 630 Dragon Punch Vegetable Juice 620 Salsa 658 Cherry Craisins <b>OR</b> 682 Banana 924 Harvest Cheddar Sunchips	<b>261 Soy Butter &amp; Jelly Sandwich v</b> 621 Celery 542 Harvest Pumpkin Hummus 749 Apple Cherry Juice 935 All Sports Grahams	<b>238 Chicken, Turkey Pepperoni &amp; Cheese on a Croissant</b> 631 Cherry Star Vegetable Juice 611 Bagged Baby Carrots 609 Dole Mixed Fruit Cup 941 Tostitos Scoops	<b>242 Chicken, Turkey Ham &amp; Two Cheese Wedge Sandwich</b> 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit

**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.