

High School Cold Lunch

Nutritional Development Services-Archdiocese of Philadelphia
222 N 17th St, Philadelphia, PA 19103
215-895-3470, option 1

October 2023



[f](#) NDSSchoolLunchProgram

[i](#) SchoolMealsNDS

[t](#) SchoolMealsNDS

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
2 228 Turkey Ham & Cheese Sub 630 Dragon Punch Vegetable Juice 540 Garlic Hummus 611 Bagged Baby Carrots 644 Dole Pear Cup 670 Fresh Fruit 932 Cinnamon Scooby Snacks	3 274 Toasted Cheese Sandwich 620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops	4 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 632 Wango Mango Vegetable Juice 601 Home-style Potato Salad 446 Mott's Apple Juice 690 Apple Crisps 928 Goldfish Pretzels	5 242 Chicken, Turkey Ham & Two Cheese Wedge Sandwich 706 Romaine Salad with Cherry Tomatoes 632 Wango Mango Vegetable Juice 697 Bagged Sliced Apples OR 682 Banana 608 Dole Tropical Fruit Cup	6 404 Italian Combo Wrap 118 String Cheese 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus 620 Salsa 445 Mott's Fruit Punch Juice 684 Mixed Berry Applesauce 942 Sunchips
9 238 Chicken, Turkey Pepperoni & Cheese on a Croissant 611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 649 Orange Gello Bowl 670 Fresh Fruit	10 228 Turkey Ham & Cheese Sub 630 Dragon Punch Vegetable Juice 621 Celery 446 Mott's Apple Juice 659 Watermelon Craisins 941 Tostitos Scoops	11 229 Turkey Ham & Cheese Croissant 715 Mexican Street Corn 632 Wango Mango Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 932 Cinnamon Scooby Snacks	12 236 Turkey & Two Cheese Wedge Sandwich 631 Cherry Star Vegetable Juice 620 Salsa 657 Strawberry Craisins 690 Apple Crisps 941 Tostitos Scoops	13 261 Soy Butter & Jelly Sandwich 708 Romaine Salad with Spinach & Chickpeas 545 Cranberry Orange Hummus 445 Mott's Fruit Punch Juice 670 Fresh Fruit OR 682 Banana
16 242 Chicken, Turkey Ham & Two Cheese Wedge Sandwich 715 Mexican Street Corn 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 649 Orange Gello Bowl	17 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice 941 Tostitos Scoops	18 404 Italian Combo Wrap 118 String Cheese 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 633 Sunset Sip Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 942 Sunchips	19 228 Turkey Ham & Cheese Sub 706 Romaine Salad with Cherry Tomatoes 632 Wango Mango Vegetable Juice 445 Mott's Fruit Punch Juice 659 Watermelon Craisins OR 682 Banana 990 Chocolate Chip Cookie	20 236 Turkey & Two Cheese Wedge Sandwich 601 Home-style Potato Salad 546 Cheesy Pizza Hummus 621 Celery 670 Fresh Fruit 446 Mott's Apple Juice
23 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 633 Sunset Sip Vegetable Juice 602 PA Dutch Potato Salad 684 Mixed Berry Applesauce 670 Fresh Fruit	24 229 Turkey Ham & Cheese Croissant 630 Dragon Punch Vegetable Juice 620 Salsa 670 Fresh Fruit OR 682 Banana 690 Apple Crisps 992 Oatmeal Cookie	25 261 Soy Butter & Jelly Sandwich 621 Celery 542 Harvest Pumpkin Hummus 632 Wango Mango Vegetable Juice 670 Fresh Fruit 658 Cherry Craisins 935 All Sports Grahams	26 238 Chicken, Turkey Pepperoni & Cheese on a Croissant 611 Bagged Baby Carrots 631 Cherry Star Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	27 242 Chicken, Turkey Ham & Two Cheese Wedge Sandwich 708 Romaine Salad with Spinach & Chickpeas 540 Garlic Hummus 670 Fresh Fruit 645 Dole Pineapple Cup 928 Goldfish Pretzels

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.