



High School Cold Lunch September 2023

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

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.



NDSSchoolLunchProgram



SchoolMealsNDS



SchoolMealsNDS

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>Labor Day</p>	<p>5</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p> <p>620 Salsa</p> <p>631 Cherry Star Vegetable Juice</p> <p>445 Mott's Fruit Punch Juice</p> <p>670 Fresh Fruit</p> <p>941 Tostito Scoops</p>	<p>6</p> <p>235 Waffle & Cheese Sandwich OR</p> <p>404 Italian Combo Wrap</p> <p>633 Sunset Sip Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>541 Chocolate Brownie Hummus</p> <p>690 Apple Crisps</p> <p>446 Mott's Apple Juice</p> <p>928 Goldfish Pretzels</p>	<p>7</p> <p>228 Turkey Ham & Cheese Sub</p> <p>706 Romaine Salad with Cherry Tomatoes</p> <p>632 Wango Mango Vegetable Juice</p> <p>608 Dole Tropical Fruit Cup</p> <p>670 Fresh Fruit</p>	<p>8</p> <p>236 Turkey & Two Cheese Wedge Sandwich</p> <p>630 Dragon Punch Vegetable Juice</p> <p>546 Cheesy Pizza Hummus</p> <p>621 Celery</p> <p>657 Strawberry Craisins</p> <p>684 Mixed Berry Applesauce</p> <p>942 Sunchips</p>
<p>11</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p> <p>633 Sunset Sip Vegetable Juice</p> <p>602 Dutch Potato Salad</p> <p>684 Mixed Berry Applesauce</p> <p>670 Fresh Fruit</p>	<p>12</p> <p>228 Turkey Ham & Cheese Sub</p> <p>620 Salsa</p> <p>630 Dragon Punch Vegetable Juice</p> <p>658 Cherry Craisins</p> <p>445 Mott's Fruit Punch Juice</p> <p>941 Tostito Scoops</p>	<p>13</p> <p>240 Turkey Bologna & Cheese Sub</p> <p>621 Celery</p> <p>542 Harvest Pumpkin Hummus</p> <p>632 Wango Mango Vegetable Juice</p> <p>670 Fresh Fruit</p> <p>446 Mott's Apple Juice</p> <p>932 Cinnamon Scooby Snacks</p>	<p>14</p> <p>238 Chicken, Turkey Pepperoni & Cheese on a Croissant</p> <p>611 Bagged Baby Carrots</p> <p>631 Cherry Star Vegetable Juice</p> <p>609 Dole Mixed Fruit Cup</p> <p>691 Strawberry Apple Crisps</p>	<p>15</p> <p>242 Chicken, Turkey Ham & Two Cheese Wedge</p> <p>708 Romaine Salad with Spinach & Chickpeas</p> <p>620 Salsa</p> <p>670 Fresh Fruit</p> <p>445 Mott's Fruit Punch Juice</p> <p>941 Tostito Scoops</p>
<p>18</p> <p>229 Turkey Ham & Cheese on a Croissant</p> <p>631 Cherry Star Vegetable Juice</p> <p>602 Dutch Potato Salad</p> <p>620 Salsa</p> <p>649 Dole Orange Gello Cup</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>19</p> <p>228 Turkey Ham & Cheese Sub</p> <p>632 Wango Mango Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p>	<p>20</p> <p>274 Toasted Cheese Sandwich</p> <p>705 Dragon Punch Vegetable Juice</p> <p>546 Cheesy Pizza Hummus</p> <p>621 Celery</p> <p>670 Fresh Fruit</p> <p>684 Mixed Berry Applesauce</p> <p>942 Sunchips</p>	<p>21</p> <p>242 Chicken, Turkey Ham & Two Cheese Wedge</p> <p>706 Romaine Salad with Cherry Tomatoes</p> <p>611 Bagged Baby Carrots</p> <p>659 Watermelon Craisins</p> <p>445 Mott's Fruit Punch Juice</p> <p>990 Chocolate Chip Cookie</p>	<p>22</p> <p>404 Italian Combo Wrap</p> <p>602 Dutch Potato Salad</p> <p>545 Cranberry Orange Hummus</p> <p>633 Sunset Sip Vegetable Juice</p> <p>670 Fresh Fruit</p> <p>446 Mott's Apple Juice</p>
<p>25</p> <p>236 Turkey & Two Cheese Wedge</p> <p>630 Dragon Punch Vegetable Juice</p> <p>601 Home-style Potato Salad</p> <p>684 Mixed Berry Applesauce</p> <p>670 Fresh Fruit</p> <p>928 Goldfish Pretzels</p>	<p>26</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p> <p>632 Wango Mango Vegetable Juice</p> <p>621 Celery</p> <p>670 Fresh Fruit</p> <p>690 Apple Crisps</p> <p>992 Oatmeal Cookie</p>	<p>27</p> <p>238 Chicken, Turkey Pepperoni & Cheese on a Croissant</p> <p>611 Bagged Baby Carrots</p> <p>541 Chocolate Brownie Hummus</p> <p>622 Marinara</p> <p>670 Fresh Fruit</p> <p>658 Cherry Craisins</p> <p>935 All Sports Grahams</p> <p>941 Tostitos Scoops</p>	<p>28</p> <p>228 Turkey Ham & Cheese Sub</p> <p>620 Salsa</p> <p>631 Cherry Star Vegetable Juice</p> <p>445 Mott's Fruit Punch Juice</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>29</p> <p>242 Chicken, Turkey Ham & Two Cheese Wedge</p> <p>708 Romaine Salad with Spinach & Chickpeas</p> <p>611 Bagged Baby Carrots</p> <p>670 Fresh Fruit</p> <p>645 Dole Pineapple Cup</p>

MENU IS SUBJECT TO CHANGE

PLEASE READ CAREFULLY Parents are strongly advised to review the menu completely to ensure that each of the food items is 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.

