

# High School Cold Lunch December 2023



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

## DECEMBER IS NATIONAL PEAR MONTH!

Celebrate by reaching for PEARS on 12/12, 12/22 and throughout the month when offered!



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>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> 632 Wango Mango Vegetable Juice 545 Cranberry Orange Hummus 620 Salsa 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	<b>261 Soy Butter &amp; Jelly Sandwich</b> 715 Mexican Street Corn 621 Celery 670 Fresh Fruit 659 Watermelon Craisins 933 Cinnamon Tiger Grahams	<b>228 Turkey Ham &amp; Cheese Sub</b> 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 630 Dragon Punch Vegetable Juice 446 Mott's Apple Juice 670 Fresh Fruit 992 Oatmeal Cookie	<b>236 Turkey &amp; Two Cheese Wedge</b> 706 Romaine Salad with Cherry Tomatoes 631 Cherry Star Vegetable Juice 697 Bagged Apple Slices 690 Apple Crisps	<b>229 Turkey Ham &amp; Cheese Croissant</b> 633 Sunset Sip Vegetable Juice 601 Homestyle Potato Salad 445 Mott's Fruit Punch Juice 670 Fresh Fruit
<b>228 Turkey Ham &amp; Cheese Sub</b> 630 Dragon Punch Vegetable Juice 621 Celery 670 Fresh Fruit 648 Strawberry Gello Bowl	<b>238 Chicken, Turkey Pepperoni &amp; Cheese Sub</b> 631 Cherry Star Vegetable Juice 620 Salsa 670 Pear 659 Watermelon Craisins 941 Tostitos Scoops	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> 633 Sunset Sip Vegetable Juice 602 PA Dutch Potato Salad 658 Cherry Craisins 670 Fresh Fruit 932 Cinnamon Scooby Snacks	<b>404 Italian Combo Wrap</b> 708 Romaine Salad with Spinach & Chickpeas 632 Wango Mango Vegetable Juice 670 Fresh Fruit OR 682 Banana 445 Mott's Fruit Punch Juice 990 Chocolate Chip Cookie	<b>242 Chicken, Turkey Ham &amp; Cheese Wedge</b> 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice
<b>229 Turkey Ham &amp; Cheese Croissant</b> 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 691 Strawberry Apple Crisps 993 Candy Cane Holiday Cookie	<b>236 Turkey &amp; Two Cheese Wedge</b> 630 Dragon Punch Vegetable Juice 601 Homestyle Potato Salad 446 Mott's Apple Juice 670 Fresh Fruit	<b>228 Turkey Ham &amp; Cheese Sub</b> 620 Salsa 632 Wango Mango Vegetable Juice 658 Cherry Craisins 670 Fresh Fruit 941 Tostitos Scoops	<b>242 Chicken, Turkey Ham &amp; Cheese Wedge</b> 706 Romaine Salad with Cherry Tomatoes 633 Sunset Sip Vegetable Juice 670 Fresh Fruit OR 682 Banana 445 Mott's Fruit Punch Juice	<b>261 Soy Butter &amp; Jelly Sandwich</b> 631 Cherry Star Vegetable Juice 540 Garlic Hummus 621 Celery 446 Mott's Apple Juice 644 Dole Pear Cup 934 Cinnamon Dino Bites
25		27		29
<b>Happy New Year!</b>	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> 715 Mexican Street Corn 631 Cherry Star Vegetable Juice 690 Apple Crisps 445 Mott's Fruit Punch Juice 932 Cinnamon Scooby Snacks	<b>238 Chicken, Turkey Pepperoni &amp; Cheese Croissant</b> 632 Wango Mango Vegetable Juice 620 Salsa 690 Apple Crisps 446 Mott's Apple Juice 941 Tostitos Scoops	<b>404 Italian Combo Wrao</b> 633 Sunset Sip Vegetable Juice 602 PA Dutch Potato Salad 657 Strawberry Craisins 608 Dole Tropical Fruit Cup 934 Cinnamon Dino Bites	<b>236 Turkey &amp; Two Cheese Wedge</b> 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 670 Fresh Fruit 445 Mott's Apple Juice 993 Bell Holiday Cookie

**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.