

# High School Cold Lunch

## March 2024



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

March is... National Nutrition Month, Irish American Heritage Month & National Celery Month!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>229 Turkey Ham &amp; Cheese Croissant</b> <sup>4</sup>  634 Ruby Rusher Vegetable Juice <b>NEW</b> 611 Bagged Baby Carrots 543 Red Pepper Hummus 446 Mott's Apple Juice 670 Fresh Fruit 933 Cinnamon Tiger Bites	<b>228 Turkey Ham &amp; Cheese Sub</b> <sup>5</sup>  621 Celery 632 Wango Mango Vegetable Juice 670 Fresh Fruit 690 Apple Crisps	<b>261 Soy Butter &amp; Jelly Sandwich V</b> <sup>6</sup>  630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 445 Mott's Fruit Punch Juice 670 Fresh Fruit	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> <sup>7</sup>  633 Sunset Sip Vegetable Juice 601 Homestyle Potato Salad 670 Fresh Fruit <b>OR</b> 682 Banana 657 Strawberry Craisins 992 Oatmeal Cookie	<b>274 Toasted Cheese Sandwich V</b> <sup>8</sup>  706 Romaine Salad with Cherry Tomatoes 546 Cheesy Pizza Hummus 445 Mott's Fruit Punch Juice 697 Bagged Sliced Apples 928 Goldfish Pretzels
<b>228 Turkey Ham &amp; Cheese Sub</b> <sup>11</sup>  630 Dragon Punch Vegetable Juice 620 Salsa 651 Dole Mango Pineapple Smoothie Bowl 670 Fresh Fruit 944 Tostitos Top N' Go	<b>238 Chicken, Turkey Pepperoni &amp; Cheese Sub</b> <sup>12</sup>  631 Cherry Star Vegetable Juice 621 Celery 446 Mott's Apple Juice 670 Fresh Fruit	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> <sup>13</sup>  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> <sup>14</sup>  611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 632 Wango Mango Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit <b>OR</b> 682 Bananas 990 Chocolate Chip Cookie	<b>261 Soy Butter &amp; Jelly Sandwich V</b> <sup>15</sup>  708 Romaine Salad with Spinach & Chickpeas 634 Ruby Rusher Vegetable Juice <b>NEW</b> 670 Fresh Fruit 690 Apple Crisps
<b>229 Turkey Ham &amp; Cheese Croissant</b> <sup>18</sup>  611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 633 Sunset Sip Vegetable Juice 648 Dole Strawberry Gello Cup 670 Fresh Fruit 993 Shamrock Cookie	<b>236 Turkey &amp; Two Cheese Wedge</b> <sup>19</sup>  634 Ruby Rusher Vegetable Juice <b>NEW</b> 601 Homestyle Potato Salad 445 Mott's Fruit Punch Juice 670 Fresh Fruit	<b>228 Turkey Ham &amp; Cheese Sub</b> <sup>20</sup>  632 Wango Mango Vegetable Juice 620 Salsa 658 Cherry Craisins 670 Fresh Fruit 941 Tostitos Scoops	<b>242 Chicken, Turkey Ham &amp; Cheese Wedge</b> <sup>21</sup>  706 Romaine Salad with Cherry Tomatoes 633 Sunset Sip Vegetable Juice 670 Fresh Fruit <b>OR</b> 682 Bananas 691 Strawberry Apple Crisps	<b>274 Toasted Cheese Sandwich V</b> <sup>22</sup>  630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 540 Garlic Hummus 684 Mixed Berry Applesauce 670 Fresh Fruit 934 Cinnamon Dino Bites
<b>404 Italian Combo Wrap</b> <sup>25</sup>  630 Dragon Punch Vegetable Juice 602 PA Dutch Potato Salad 445 Mott's Fruit Punch Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks	<b>229 Turkey Ham &amp; Cheese Croissant</b> <sup>26</sup>  611 Bagged Baby Carrots 543 Red Pepper Hummus 634 Red Rusher Vegetable Juice <b>NEW</b> 446 Mott's Apple Juice 690 Apple Crisps 928 Goldfish Pretzels	<b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese Sub</b> <sup>27</sup>  632 Wango Mango Vegetable Juice 620 Salsa 608 Dole Tropical Fruit Cup 659 Watermelon Craisins 941 Tostitos Scoops	<b>Holy Thursday</b> <sup>28</sup>  	<b>Good Friday</b> <sup>29</sup>  

**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. **V = Vegetarian**

**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.



NDSSchoolLunchProgram



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