



LUNCH

Elementary Cold Lunch



FEBRUARY 2021

"No matter if its winter, spring, summer or fall, eating healthy has it all!"
From Josephine, grade 5, from Notre Dame De Lourdes School

Nutritional Development Services

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

Monday

1 Beef Bologna & Cheese and Wheat Bread
Potato Salad
Fresh Fruit
Milk

8 Turkey & Cheese on Wheat Bread
Three Bean Salad
Fresh Fruit
Milk

15 Grilled Chicken on a Pretzel Roll
Sliced Cucumbers
Fresh Fruit
Milk

22 Turkey Ham & Cheese on a Whole Grain Club Roll
White Bean Salad
Fresh Fruit
Milk

Tuesday

2 Chicken Salad on a Whole Grain Bun
Celery Sticks
Fresh Fruit
Milk

9 Chicken Caesar Salad Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

16 Chipotle Turkey Wrap on a Whole Grain Tortilla
Garbanzo Bean Salad
Fresh Fruit
Milk

23 Tuna on a Whole Grain Kaiser Roll
Celery Sticks
Fresh Fruit
Milk

Wednesday

3 Buffalo Chicken Salad Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

10 Roast Beef & Cheese on a Whole Grain Kaiser Roll
Potato Salad
Fresh Fruit
Milk

17 Tuna Fiesta Corn Salsa
Fresh Fruit
Whole Grain Flatbread
Milk

24 Southwest Fajita Wrap on a Whole Grain Tortilla
Fiesta Corn Salad
Fresh Fruit
Milk

Thursday

4 Turkey Ham & Cheese on a Pretzel Roll
Bagged Baby Carrots
Fresh Fruit
Milk

11 Turkey Hoagie on a Whole Grain Roll
Carrot Raisin Salad
Fresh Fruit
Milk

18 Turkey & Cheese on Wheat Bread
Bagged Baby Carrots
Fresh Fruit
Milk

25 Chicken & Strawberry Spinach Salad
Fresh Spinach
Fresh Fruit
Whole Grain Dinner Roll
Milk

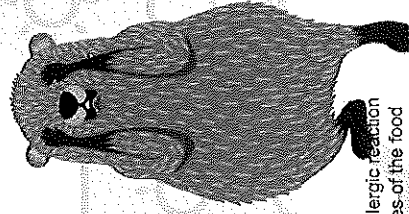
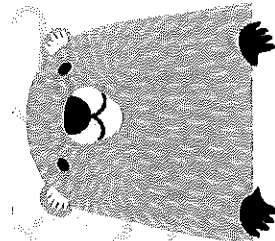
Friday

5 Egg Salad on a Whole Grain Bun
White Bean Salad
Fresh Fruit
Milk

12 Tuna Salad on a Whole Grain Flatbread
Cucumber Salad
Fresh Fruit
Milk

19 Garden Salad with Egg Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

26 American Cheese Hoagie on a Whole Grain Club Roll
Salsa Cup & Chips
Fresh Fruit
Milk



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, Diocese of Camden, 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.