



Elementary Cold Lunch



APRIL 2021

"Eat a vegetable to stay incredible!" by Aura, grade 7
Home 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 rich, all items are pork-free.

Monday

Turkey & Cheese on Whole Grain Wheat
Three Bean Salad
Fresh Fruit
Milk

5

Grilled Chicken
Sliced Cucumbers
Fresh Fruit
Whole Grain Pretzel Roll
Milk

12

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

19

Beef Bologna & Cheese on Wheat Bread
Potato Salad
Fresh Fruit
Milk

26

Tuesday

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

6

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

13

Tuna Celery Sticks
Fresh Fruit
Whole Grain Kaiser Roll
Milk

20

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

27

Wednesday

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

7

Italian Wrap on a Whole Grain Tortilla
Fiesta Corn Salsa
Fresh Fruit
Milk

14

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

21

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

28

Thursday

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

8

Turkey & Cheese on Whole Grain Wheat
Bagged Baby Carrots
Fresh Fruit
Milk

15

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

22

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

29

Friday

Tuna Salad
Cucumber Salad
Fresh Fruit
Milk
Whole Grain Flatbread

9

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

16

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

23

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

30

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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.