

COLD LUNCH- DECEMBER 2020

"Cooking up a better life? Health is your main ingredient."- By Joshua, grade 6
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 rich, all items are pork-free.

Monday

Beef Bologna & Cheese on Wheat Bread **30**
Bagged Baby Carrots
Fresh Fruit
Milk

Roast Beef & Cheese on Whole Grain Bread **7**
Three Bean Salad
Fresh Fruit
Milk

Grilled Chicken & Lettuce on a Pretzel Roll **14**
Corn & Green Bean Salad
Fresh Fruit
Milk

Turkey & Cheese on Whole Grain Bread **21**
Black Bean & Corn Salad
Fresh Fruit
Milk



Tuesday

Grilled Chicken & Lettuce on a Bun **1**
Celery Stix
Fresh Fruit
Milk

Roasted Chicken & Tortellini Salad **8**
Romaine Mix
Fresh Fruit
Dinner Roll
Milk

Turkey & Cheese on Wheat Bread **15**
White Bean Salad
Fresh Fruit
Milk

Chicken Salad on a Pretzel Roll **22**
Cole Slaw
Fresh Fruit
Milk

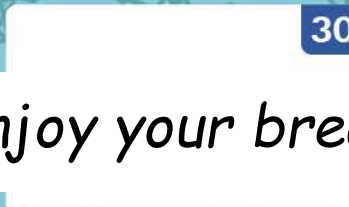


Wednesday

Macaroni Pasta Salad with Tuna **2**
Fresh Spinach
Fresh Fruit
Breadstick
Milk

Chicken Salad on a Bun **9**
Diced Tomato Salad
Fresh Fruit
Milk

Tuna Salad **16**
Potato Salad
Fresh Fruit
Flatbread
Milk

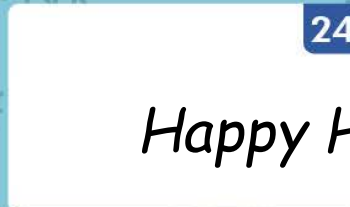


Thursday

American Hoagie on a Whole Grain Roll **3**
Potato Salad
Fresh Fruit
Milk

American Cheese Hoagie on a Whole Grain Roll **10**
Fiesta Corn Salsa
Fresh Fruit
Milk

Pizza Protein Pack with Sauce & Cheese **17**
Bagged Baby Carrots
Fresh Fruit
Flatbread
Milk

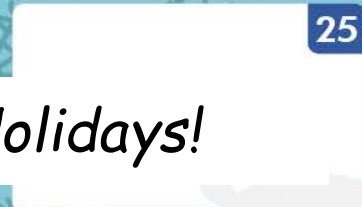


Friday

Turkey & Cheese on Whole Grain Bread **4**
Black Bean & Corn Salad
Fresh Fruit
Milk

Chipotle Turkey Wrap on a Whole Grain Tortilla **11**
Cucumber Salad
Fresh Fruit
Milk

Chicken Strawberry Salad **18**
Fresh Spinach
Fresh Fruit
Dinner Roll
Milk



Happy Holidays!

Enjoy your break!

