



# MARCH 2020

Winning Slogan: "When eating healthy, you can't go wrong in keeping your body lean and strong." - By Jordyn, Grade 7, St. Peter the Apostle

## 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   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <p>2</p> <p>Turkey and Cheese<br/>On Whole Wheat Bread<br/>Fresh Fruit<br/>Fiesta Corn Salsa</p>           | <p>3</p> <p>BBQ Chicken Salad<br/>On Romaine Mix<br/>Whole Grain Breadsticks<br/>Fresh Fruit</p> | <p>4</p> <p>Roast Beef and Cheese<br/>Whole Grain Kaiser Roll<br/>Fresh Fruit<br/>Chilled Baby Carrots</p> | <p>5</p> <p>Chicken Caesar Wrap<br/>Fresh Fruit<br/>Creamy Cole Slaw</p>                        | <p>6</p> <p>Tuna Salad Wrap<br/>Fresh Fruit<br/>Garbanzo Bean Salad</p>                          |
| <p>9</p> <p>Grilled Chicken &amp; Lettuce<br/>On Whole Wheat Bread<br/>Grandma's Potato Salad</p>          | <p>10</p> <p>Asian Noodle Salad<br/>Fresh Fruit<br/>Fresh Broccoli</p>                           | <p>11</p> <p>Chicken Salad<br/>On a Whole Grain Bun<br/>Fresh Fruit<br/>Cucumber Salad</p>                 | <p>12</p> <p>Chipotle Turkey Wrap<br/>Fresh Fruit<br/>Three Bean Salad</p>                      | <p>13</p> <p>American Cheese Hoagie<br/>Fresh Fruit<br/>Chilled Baby Carrots</p>                 |
| <p>16</p> <p>Turkey Ham and Cheese<br/>Whole Wheat Bread<br/>Fiesta Corn Salsa</p>                         | <p>17</p> <p>Tuna Salad<br/>On Whole grain Flatbread<br/>Fresh Fruit<br/>Celery Sticks</p>       | <p>18</p> <p>Chef Salad<br/>On Romaine Mix<br/>Dinner Roll<br/>Fresh Fruit</p>                             | <p>19</p> <p>Southwest Chicken Wrap<br/>Fresh Fruit<br/>Chilled Black Bean &amp; Corn Salad</p> | <p>20</p> <p>Egg Salad<br/>On a Whole Grain Croissant<br/>Fresh Fruit<br/>Diced Tomato Salad</p> |
| <p>23</p> <p>Beef Bologna and Cheese<br/>On Whole Wheat Bread<br/>Fresh Fruit<br/>Chilled Baby Carrots</p> | <p>24</p> <p>Turkey BLT<br/>On Whole Grain Flatbread<br/>Fresh Fruit<br/>Three Bean Salad</p>    | <p>25</p> <p>American Cheese Hoagie<br/>Fresh Fruit<br/>Celery Sticks</p>                                  | <p>26</p> <p>Buffalo Chicken Wrap<br/>Fresh Fruit<br/>Grandma's Potato Salad</p>                | <p>27</p> <p>Macaroni and Tuna Salad<br/>Fresh Fruit<br/>Fresh Spinach</p>                       |
| <p>30</p>  | <p>31</p>  |  |   |  |

**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.