



Elementary Cold Lunch



SEPTEMBER 2021

“Stay fun, Stay fresh, Stay festive, Eat healthy”-
From Mother of Providence

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

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6 Labor Day	7 Southwest Chicken Fajita Wrap on a Whole Grain Tortilla Celery Sticks Fresh Fruit Milk	8 Chef Salad Romaine Mix Whole Grain Croutons Fresh Fruit Milk	9 Turkey Hoagie on a Whole Grain Club Roll Chilled Black Bean & Corn Salad Fresh Fruit Milk	10 Egg Salad on a Whole Grain Kaiser Roll Diced Tomato Salad Fresh Fruit Milk
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13 Beef Bologna & Cheese on Wheat Bread Carrot Raisin Salad Fresh Fruit Milk	14 Hummus Protein Pack with Whole Grain Pita Pepper, Cucumbers, Carrots & Celery Fresh Fruit Milk	15 Turkey Cobb Salad Romaine Mix Fresh Fruit Whole Grain Dinner Roll Milk	16 Buffalo Chicken Wrap on a Whole Grain Tortilla Buttermilk Ranch Potato Salad Fresh Fruit Milk	17 Turkey BLT on a Whole Grain Flatbread Three Bean Salad Fresh Fruit Milk
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20 Turkey & Cheese on a Whole Grain Wheat Bread Potato Salad Fresh fruit Milk	21 BBQ Chicken salad Romaine Mix Fresh Fruit Whole Grain Dinner Roll Milk	22 Roast Beef & Cheese on Whole Grain Kaiser Roll Carrot Raisin Salad Fresh Fruit Milk	23 Tuna Salad Sandwich on Whole Grain Flatbread Chilled Black Bean & Corn Salad Fresh Fruit Milk	24 Chicken Caesar Wrap on Whole Grain Tortilla Creamy Cole Slaw Fresh Fruit Milk
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27 Grilled Chicken with Lettuce & Tomato on a Whole Grain Bun Fiesta Corn Salsa Fresh Fruit Milk	28 Asian Noodle Salad with Whole Grain Noodles Fresh Broccoli Fresh Fruit Milk	29 Chicken Salad BLT on a Whole Grain Tortilla Cucumber Salad Fresh Fruit Milk	30 Chipotle Turkey on a Whole Grain Tortilla Three Bean Salad Fresh Fruit Milk	1 American Hoagie on a Whole Grain Club Roll Chilled Baby Carrots Fresh Fruit Milk
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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.