



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