



Elementary Cold Lunch



MARCH 2021

"A healthy outside starts from the inside." By Paddy, grade 8
From Good Shepherd 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 and Wheat Bread **1**
Potato Salad
Fresh Fruit
Milk

Turkey & Cheese on Wheat Bread **8**
Three Bean Salad
Fresh Fruit
Milk

Grilled Chicken on a Pretzel Roll **15**
Sliced Cucumbers
Fresh Fruit
Milk

Turkey Ham & Cheese on a Whole Grain Club Roll **22**
White Bean Salad
Fresh Fruit
Milk

Beef Bologna & Cheese and Wheat Bread **29**
Potato Salad
Fresh Fruit
Milk

Tuesday

Chicken Salad on a Whole Grain Bun **2**
Celery Sticks
Fresh Fruit
Milk

Chicken Caesar Salad **9**
Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

Chipotle Turkey Wrap on a Whole Grain Tortilla **16**
Garbanzo Bean Salad
Fresh Fruit
Milk

Tuna on a Whole Grain Kaiser Roll **23**
Celery Sticks
Fresh Fruit
Milk

Chicken Salad on a Whole Grain Bun **30**
Celery Sticks
Fresh Fruit
Milk

Wednesday

Buffalo Chicken Salad **3**
Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

Roast Beef & Cheese on a Whole Grain Kaiser Roll **10**
Potato Salad
Fresh Fruit
Milk

Italian Wrap on a Whole Grain Tortilla **17**
Fiesta Corn Salsa
Fresh Fruit
Milk

Southwest Fajita Wrap on a Whole Grain Tortilla **24**
Fiesta Corn Salad
Fresh Fruit
Milk

Buffalo Chicken Salad **31**
Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

Thursday

Turkey Ham & Cheese on a Pretzel Roll **4**
Bagged Baby Carrots
Fresh Fruit
Milk

Turkey Hoagie on a Whole Grain Roll **11**
Carrot Raisin Salad
Fresh Fruit
Milk

Turkey & Cheese on Wheat Bread **18**
Bagged Baby Carrots
Fresh Fruit
Milk

Chicken & Strawberry Spinach Salad **25**
Fresh Spinach
Fresh Fruit
Whole Grain Dinner Roll
Milk

Turkey Ham & Cheese on a Pretzel Roll **1**
Bagged Baby Carrots
Fresh Fruit
Milk

Friday

Egg Salad on a Whole Grain Bun **5**
White Bean Salad
Fresh Fruit
Milk

Tuna Salad on a Whole Grain Flatbread **12**
Cucumber Salad
Fresh Fruit
Milk

Garden Salad with Egg **19**
Romaine Mix
Fresh Fruit
Whole Grain Dinner Roll
Milk

American Cheese Hoagie on a Whole Grain Club Roll **26**
Salsa Cup & Chips
Fresh Fruit
Milk

Egg Salad on a Whole Grain Bun **2**
White Bean Salad
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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

