

Elementary
Cold Lunch



OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5
From St. Peter the Apostle 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.

Monday

1

Turkey Ham & Cheese
On a Whole Grain Pretzel Roll
Grapes
Fiesta Corn Salsa

Tuesday

2

Tuna Salad
On Whole Grain Flatbread
Orange
Celery Sticks

Wednesday

3

Chef Salad
Whole Grain Dinner Roll
Pear
Romaine Mix

Thursday

4

Southwest Chicken Fajita Wrap
Plum
Chilled Black Bean & Corn Salad

Friday

5

Egg Salad
On a Whole Grain Croissant
Applesauce Cup
Diced Tomato Salad

8

Beef Bologna & Cheese
On Whole Wheat Bread
Grapes
Carrot Raisin Salad

9

Hummus Protein Pack
Whole Grain Pita
Apple
Pepper Strips & Cucumbers

10

Turkey Cobb Salad
Whole Grain Dinner Roll
Orange
Romaine Mix

11

Buffalo Chicken Wrap
Plum
Grandma's Potato Salad

12

Turkey BLT
On Whole Grain Flatbread
Pear
Three Bean Salad

15

Turkey & Cheese
On Whole Wheat Bread
Apple
Fiesta Corn Salsa

16

BBQ Chicken Salad
Whole Grain Breadsticks
Orange
Romaine Mix

17

Roast Beef & Cheese
On a Whole Grain Kaiser Roll
Pear
Chilled Baby Carrots

18

Tuna Salad
On Whole Grain Flatbread
Applesauce Cup
Garbanzo Bean Salad

19

Chicken Caesar Wrap
Plum
Creamy Cole Slaw

22

Grilled Chicken
On a Whole Grain Bun
Orange
Grandma's Potato Salad

23

Goldfish Protein Pack
With Turkey and Cheese
Sliced Apples
Chilled Baby Carrots

24

Chicken Salad
On a Whole Grain Bun
Pear
Cucumber Salad

25

Chipotle Turkey Wrap
Apple
Three Bean Salad

26

Greek Salad
On Whole Grain Flatbread
Plum
Fresh Broccoli

29

Turkey Ham & Cheese
On a Whole Grain Pretzel Bun
Grapes
Fiesta Corn Salsa

30

Tuna Salad
On Whole Grain Flatbread
Orange
Celery Sticks

31

Chef Salad
Whole Grain Dinner Roll
Pear
Romaine Mix

1

Southwest Chicken Fajita Wrap
Plum
Chilled Black Bean & Corn Salad

2

Egg Salad
On a Whole Grain Croissant
Applesauce Cup
Diced Tomato Salad

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.