

HIGH SCHOOL COLD LUNCH

September 2024

Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	261 Soy Butter & Jelly Sandwich 621 Celery 630 Dragon Punch Vegetable Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 934 Dino Bites	229 Turkey Ham & Cheese Croissant 602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 684 Mixed Berry Applesauce 928 Goldfish Pretzels	242 Chicken & Turkey Ham & Cheese Wedge Sandwich 611 Bagged Carrots 631 Cherry Star Vegetable Juice 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice	232 Buffalo Chicken Breast & Cheddar on Broche Bun 706 Spinach Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch
9	10	11	12	13
233 Rotisserie Chicken & Mozzarella on Brioche Bun 601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice	236 Turkey & Two Cheese Wedge Sandwich 620 Salsa 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 446 Mott's Apple Juice 927 Cheddar Goldfish	227 Turkey Ham, Turkey Pepp & Cheese Sub 611 Bagged Carrots 632 Wango Mango Vegetable Juice 546 Cheesy Pizza Hummus 670 Fresh Fruit 657 Strawberry Craisins	234 Turkey Ham & Two Cheese 621 Celery 708 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice	274 Toasted Cheese Sandwich 611 Bagged Carrots 634 Ruby Rusher Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 670 Fresh Fruit 929 Chocolate Tiger Bites
16	17	18	19	20
232 Buffalo Chicken Breast & Cheddar on Broche Bun 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostito Scoops	261 Soy Butter & Jelly Sandwich 621 Celery 633 Sunset Sip Vegetable Juice 657 Strawberry Craisins 670 Fresh Fruit 988 Cinamon Graham Crackers	238 Chicken, Turkey Pepp & Cheese Croissant 611 Bagged Carrots 631 Cherry Star Vegetable Juice 543 Red Pepper Hummus 446 Mott's Apple Juice 670 Fresh Fruit	404 Italian Combo Wrap 632 Wango Mango Vegetable Juice 706 Spinach & Romaine Salad w/ Chickpeas 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Juice 937 Apple Cinnamon Bear Grahams	230 Turkey & Mozzarella on Flatbread 602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup 670 Fresh Fruit 930 Cheez-Its
23	24	25	26	27
236 Turkey & Two Cheese Wedge Sandwich 611 Bagged Carrots 633 Sunset Sip Vegetable Juice 543 Red Pepper Hummus 651 Wango Pineapple Smoothie Bowl 670 Fresh Fruit	229 Turkey Ham & Cheese Croissant 601 Homestyle Potato Salad 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice	230 Turkey & Mozzarella on Flatbread 620 Salsa 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 670 Fresh Fruit 941 Tostito Scoops	228 Turkey Ham & Cheese Sub 621 Celery 708 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 684 Mixed Berry Applesauce	274 Toasted Cheese Sandwich 634 Ruby Rusher Vegetable Juice 611 Bagged Carrots 541 Chocolate Brownie Hummus 446 Mott's Apple Juice 670 Fresh Fruit 936 Vanilla Bear Grahams

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, 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.



Scan the QR Code for the NDS Color Wheel! These colors will help you identify what food group each item belongs to!

Nutritional Development Services
 Archdiocese of Philadelphia
 222 N 17th St, Philadelphia, PA 19103
 215-895-3470, option 1

