



Elementary Cold Lunch



APRIL 2021

“Eat a vegetable to stay incredible!” by Auria, grade 7
Home 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

Tuesday

Wednesday

Thursday

Friday

Turkey & Cheese on Whole Grain Wheat **5**
Three Bean Salad
Fresh Fruit
Milk

Chicken Caesar Salad Romaine Mix **6**
Fresh Fruit
Whole Grain Dinner Roll
Milk

Roast Beef & Cheese on a Whole Grain Kaiser Roll **7**
Potato Salad
Fresh Fruit
Milk

Turkey Hoagie on a Whole Grain Hoagie Roll **8**
Carrot Raisin Salad
Fresh Fruit
Milk

Tuna Salad Cucumber Salad **9**
Fresh Fruit
Milk
Whole Grain Flatbread

Grilled Chicken Sliced Cucumbers **12**
Fresh Fruit
Whole Grain Pretzel Roll
Milk

Chipotle Turkey Wrap on a Whole Grain Tortilla **13**
Garbanzo Bean Salad
Fresh Fruit
Milk

Italian Wrap on a Whole Grain Tortilla **14**
Fiesta Corn Salsa
Fresh Fruit
Milk

Turkey & Cheese on Whole Grain Wheat **15**
Bagged Baby Carrots
Fresh Fruit
Milk

Garden Salad with Egg Romaine Mix **16**
Fresh Fruit
Milk
Whole Grain Dinner Roll

Turkey Ham & Cheese on a Whole Grain Club Roll **19**
White Bean Salad
Fresh Fruit
Milk

Tuna Celery Sticks **20**
Fresh Fruit
Whole Grain Kaiser Roll
Milk

Southwest Fajita Wrap on a Whole Grain Tortilla **21**
Fiesta Corn Salad
Fresh Fruit
Milk

Chicken & Strawberry Spinach Salad **22**
Fresh Spinach
Fresh Fruit
Whole Grain Dinner Roll
Milk

American Cheese Hoagie on a Whole Grain Club Roll **23**
Salsa Cup & Chips
Fresh Fruit
Milk

Beef Bologna & Cheese on Wheat Bread **26**
Potato Salad
Fresh Fruit Milk

Chicken Salad on a Whole Grain Bun **27**
Celery Sticks
Fresh Fruit
Milk

Buffalo Chicken Salad Romaine Mix **28**
Fresh Fruit
Whole Grain Dinner Roll
Milk

Turkey Ham & Cheese on a Whole Grain Pretzel Roll **29**
Bagged Baby Carrots
Fresh Fruit
Milk

Egg Salad on a Whole Grain Bun **30**
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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.