



Elementary Cold Lunch



JANUARY 2021

“Eat healthy food to bring up your mood!” by Nadia, grade 7
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, all

Monday

Tuesday

Wednesday

Thursday

Friday



1
Happy New Year's Day!

4
Beef Bologna & Cheese on Wheat Bread
Bagged Baby Carrots
Fresh fruit
Milk

5
Grilled Chicken & Lettuce on a Whole Grain Bun
Celery Stix
Fresh Fruit
Milk

6
Macaroni Pasta Salad with Tuna
Fresh Spinach
Fresh Fruit
Breadstick
Milk

7
American Hoagie on a Whole Grain Roll
Potato Salad
Fresh Fruit
Milk

8
Turkey Cheese on Wheat Bread
Black Bean & Corn Salad
Fresh Fruit
Milk

11
Roast Beef & Cheese on Wheat Bread
Three Bean Salad
Fresh Fruit
Milk

12
Roasted Chicken & Tortellini Salad
Romaine Mix
Fresh Fruit
Dinner Roll
Milk

13
Chicken Salad on a Whole Grain Bun
Diced Tomato Salad
Fresh Fruit
Milk

14
American Cheese Hoagie on a Whole Grain Hoagie Roll
Fiesta Corn Salsa
Fresh Fruit
Milk

15
Chipotle Turkey Wrap on a Whole Grain Tortilla
Cucumber Salad
Fresh Fruit
Milk

18
Martin Luther King Jr. Day

19
Turkey Ham & Cheese on Wheat Bread
White Bean Salad
Fresh Fruit
Milk

20
Tuna Salad
Potato Salad
Fresh Fruit
Whole Grain Flatbread
Milk

21
Pizza Protein Pack with Sauce & Cheese
Bagged Baby Carrots
Fresh Fruit
Whole Grain Flatbread
Milk

22
Chicken Strawberry Salad
Fresh Spinach
Fresh Fruit
Dinner Roll
Milk

25
Turkey & Cheese on Wheat Bread
Black Bean & Corn Salad
Fresh Fruit
Milk

26
Chicken Salad on a Pretzel Roll
Cole Slaw
Fresh Fruit
Milk

27
Southwest Chicken Fajita Wrap on a Whole Grain Tortilla
Fiesta Corn Salsa
Fresh Fruit
Milk

28
Taco Salad
Romaine Mix
Fresh Fruit
Tortilla Chips
Milk

29
Chicken Caesar Wrap on a Whole Grain Tortilla
Carrot Raisin 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.