

COLD LUNCH-NOVEMBER 2020

"Make sure you eat, so you'll be quick on your feet!" - By Elizabeth, grade 5
From Holy Trinity 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 on Wheat Bread **2**
Chilled Baby Carrots
Fresh Fruit
Milk

Roast Beef & Cheese on Wheat Bread **9**
Three Bean Salad
Fresh Fruit
Milk

Grilled Chicken & Lettuce on a Pretzel Roll **16**
Corn & Green Bean Salad
Fresh Fruit
Milk

Turkey & Cheese on Wheat **23**
Black Bean & Corn Salad
Fresh Fruit
Milk



Tuesday

Grilled Chicken & Lettuce on a Bun **3**
Celery Stix
Fresh Fruit
Milk

Roasted Chicken & Tortellini Salad **10**
Romaine Mix
Fresh Fruit
Dinner Roll
Milk

Turkey Ham & Cheese on Wheat Bread **17**
White Bean Salad
Fresh Fruit
Milk

Chicken Salad on a Pretzel Roll **24**
Cole Slaw
Fresh Fruit
Milk

Wednesday

Macaroni Pasta Salad with Tuna **4**
Fresh Spinach
Fresh Fruit
Breadstick

Chicken Salad Diced Tomato Salad **11**
Fresh Fruit
Bun
Milk

Tuna Salad Potato Salad **18**
Fresh Fruit
Flatbread
Milk

Southwest Chicken Fajita Wrap **25**
Fiesta Corn Salsa
Fresh Fruit
Milk

Thursday

American Hoagie Potato Salad **5**
Fresh Fruit
Milk

American Cheese Hoagie **12**
Fiesta Corn Salsa
Fresh Fruit
Milk

Pizza Protein Pack with Sauce and Cheese **19**
Baby Carrots
Fresh Fruit
Flatbread
Milk

26
Happy Thanksgiving!

Friday

Turkey & Cheese on Wheat Bread **6**
Black Bean & Corn Salad
Fresh Fruit
Milk

Chipotle Turkey Wrap **13**
Cucumber Salad
Fresh Fruit
Milk

Chicken Strawberry Salad **20**
Fresh Spinach
Fresh Fruit
Dinner Roll
Milk

27
Happy Thanksgiving!



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.