

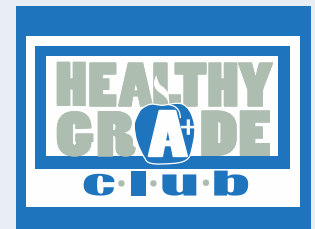
Cardinal Spellman January Featured Menu

Proudly Presented by Navin Bros. Food Service

Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/2	No Class	No Class	No Class	No Class
Tues 1/3	Grilled Chicken Sandwich	Chicken Caesar Salad Chicken Parm Wrap	Personal Pan Pizza	Pepperoni & Cheese
Wed 1/34	Veggie Burger	Spicy Chicken Wrap	Baked Ziti	Turkey, Bacon & Cheese
Thurs 1/5	Tuna Salad on Pita Bread	Chicken Caesar Wrap	Quesadilla Chicken Tenders	Spicy Chicken
Fri 1/6	Steamed Dumplings	Spicy Chicken & Cheese Wrap	Big Daddy Pizza Steak & Cheese	Chicken Parm

In addition to the published featured menu, the following offerings are available on a daily basis:

- Manager's Choice of Additional Hot Entrees, Sandwiches, and Other Prepared Foods
- Assorted Cold Salads, Wraps, & Sandwiches
- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods



Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness.
If you have a food allergy, please speak to the Cafeteria Manager.
Menu Subject to Change.

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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/9	Chipotle Chicken over Rice	Spicy Chicken Wrap	Meatball Parm Hero	Pepperoni & Cheese
Tues 1/10	Grilled Chicken Sandwich	Chicken Caesar Salad	Baked Ziti	Ham & Cheese
Wed 1/11	Veggie Burger	Chicken Caesar Wrap	Mozzarella Sticks with Dipping Sauce	Turkey, Bacon & Cheese
Thurs 1/12	Tuna Salad over Pita Bread	Chicken Parm Wrap	Big Daddy Pizza	Spicy Chicken
Fri 1/13	Pasta Marinara	Chicken Caesar Salad	Steak & Cheese Hero	Chicken Parm

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- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods



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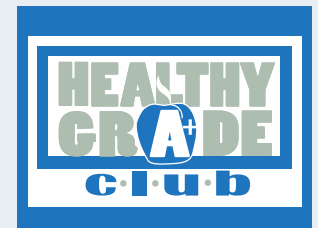
Cardinal Spellman January Featured Menu

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Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/16	No Class	No Class	No Class	No Class
Tues 1/17	Veggie Burger	Caesar Salad	Big Daddy Pizza	Turkey, Bacon & Cheese
Wed 1/18	No Class	No Class	No Class	No Class
Thurs 1/19	No Class	No Class	No Class	No Class
Fri 1/20	Tuna Salad on Greens w/ Pita	Chicken Caesar Salad Wrap	Beef Lo Mein	Chicken Parm

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- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods



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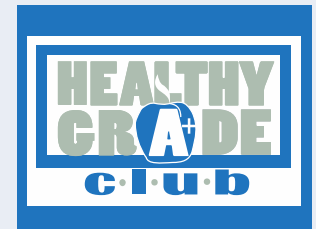
Proudly Presented by Navin Bros. Food Service

Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/23	No School	No School	No School	No School
Tues 1/24	No School	No School	No School	No School
Wed 1/25	No School	No School	No School	No School
Thurs 1/26	No School	No School	No School	No School
Fri 1/27	No School	No School	No School	No School

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- Low Fat Yogurt Parfaits with Fresh Fruit and Granola
- Fresh Sliced Fruit Cups as well as Whole Fruit
- Fresh Vegetables with Dipping Sauce
- Fresh Baked Goods



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Cardinal Spellman January Featured Menu

Proudly Presented by Navin Bros. Food Service

Date	Navin Healthy Grade	Wraps, Salads, & More	From the Hot Line	Panini of the Day
Mon 1/30	No School	No School	No School	No School
Tues 1/31	Tuna Salad w/ Pita	Chicken Caesar Salad	Chicken Pot Pie	Spicy Chicken & Cheese



Our Mission is to offer the finest of healthy foods and beverages available at the lowest possible cost, prepared in a sanitary environment by the finest food service professionals in the area.

Navin Bros. Food Service exclusively offers products w/ zero trans fat.

If you have a food allergy, please speak with the cafeteria manager.

Please direct any questions or concerns regarding the food service program to jmnavin@navinbros.com. Your feedback is always appreciated

