





DECEMBER 2017 - AT-RISK AFTERSCHOOL COLD SUPPER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/4/2017 126 COLBY JACK CHEESE 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 611 BABY CARROTS PACK 930 CHEEZ-IT BAKED CRACKERS 943 RANCH DRESSING 100 WHITE MILK 2403	12/5/2017 133 STRAW/BANANA YOGURT 130 SUNFLOWER KERNELS 670 FRESH FRUIT 632 WANGO MANGO VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	12/6/2017 205 POPCORN CHICKEN 602 RED BLISS POTATO SALAD WITH TURKEY BACON 670 FRESH FRUIT 929 WG KEEBLER CINNAMON ELF GRAHAMS 954 BARBECUE SAUCE 100 WHITE MILK 2410 Food Order Due Week of Jan 8	12/7/2017 227 BBQ CHICKEN/CHEESE WRAP 706 ROMAINE W/CHERRY TOMATOES 670 FRESH FRUIT 953 FRENCH DRESSING 100 WHITE MILK  2412	12/8/2017 117 SOY BUTTER CUP 129 HONEY ROASTED SUNFLOWER KERNELS 631 CHERRY STAR VEG. JUICE 670 FRESH FRUIT 368 WG WHITE SLICED BAGEL 100 WHITE MILK 2406
12/11/2017 118 MOZZERELLA CHEESE STICK 130 SUNFLOWER KERNELS 670 FRESH FRUIT 611 BABY CARROTS PACK 927 PEPPERIDGE FARM WHOLE GRAIN CHEDDAR GOLDFISH 943 RANCH DRESSING 100 WHITE MILK 2402	12/12/2017 134 CHERRY VANILLA YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 632 WANGO MANGO VEG. JUICE 346 KIX CEREAL 100 WHITE MILK  2407	12/13/2017 205 POPCORN CHICKEN 635 CALYPSO CRUSH VEG. JUICE 670 FRESH FRUIT 989 WHOLE GRAIN HONEY GRAHAM CRACKERS 965 HONEY MUSTARD 100 WHITE MILK 2410 Food Order Due Week of Jan 15	12/14/2017 202 CHICKEN SALAD IN CUP 670 FRESH FRUIT 708 ROMAINE & SPINACH SALAD WITH CHICKPEAS 938 WG SAVORY BITES WHEAT CRACKERS 960 ITALIAN DRESSING 100 WHITE MILK 2423	12/15/2017 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 670 FRESH FRUIT 631 CHERRY STAR VEG JUICE 963 MUSTARD 100 WHITE MILK 2419
12/18/2017 126 COLBY JACK CHEESE 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 611 BABY CARROTS PACK 930 CHEEZ-IT BAKED CRACKERS 943 RANCH DRESSING 100 WHITE MILK 2403	12/19/2017 136 RASPBERRY YOGURT 129 HONEY ROASTED SUNFLOWER KERNELS 670 FRESH FRUIT 635 CALYPSO CRUSH VEG. JUICE 347 ALPHA-BITS CEREAL 100 WHITE MILK 2407	12/20/2017 205 POPCORN CHICKEN 632 WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 935 ALL SPORTS GRAHAMS 961 KETCHUP 100 WHITE MILK 2410 Food Order Due Week of Jan 22	12/21/2017 237 TURKEY BOLOGNA & AMERICAN CHEESE ON WG FLATBREAD 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 963 MUSTARD 100 WHITE MILK  2428	12/22/2017 117 SOY BUTTER CUP 130 SUNFLOWER KERNELS 611 BABY CARROTS PACK 670 FRESH FRUIT 368 WG WHITE SLICED BAGEL 943 RANCH DRESSING 100 WHITE MILK 2406
12/25/2017 	12/26/2017 138 BLUEBERRY YOGURT 129 HONEY ROASTED SUNFLOWER 670 FRESH FRUIT 631 CHERRY STAR VEG. JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	12/27/2017 205 POPCORN CHICKEN 670 FRESH FRUIT 632 WANGO MANGO VEGETABLE JUICE 927 PEPPERIDGE FARM WHOLE GRAIN 965 HONEY MUSTARD 100 WHITE MILK 2410 NO ORDER DUE THIS WEEK!	12/28/2017 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 670 FRESH FRUIT 611 BABY CARROTS PACK 957 MAYONNAISE 943 RANCH DRESSING 100 WHITE MILK 2415	12/29/2017 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 670 FRESH FRUIT 635 CALYPSO CRUSH VEGETABLE JUICE 963 MUSTARD 100 WHITE MILK 2419
1/1/2018 	1/2/2018 133 STRAW/BANANA YOGURT 129 HONEY ROASTED SUNFLOWER 670 FRESH FRUIT 632 WANGO MANGO VEG. JUICE 342 OAT BLENDERS W/HONEY CEREAL 100 WHITE MILK 2407	1/3/2018 205 POPCORN CHICKEN 635 CALYPSO CRUSH VEGETABLE JUICE 670 FRESH FRUIT 930 CHEEZ-IT BAKED CRACKERS 961 KETCHUP 100 WHITE MILK 2410 Food Order Due Week of Jan 29	1/4/2018 139 CHEDDAR CHEESE CUP 130 SUNFLOWER KERNELS 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 941 TOSTITOS SCOOPS 100 WHITE MILK 2413	1/5/2018 117 SOY BUTTER CUP 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 611 BABY CARROTS PACK 938 WG SAVORY BITES WHEAT CRACKERS 943 RANCH DRESSING 100 WHITE MILK 2406

MEALS HIGHLIGHTED CONTAIN FRESH PACKAGED ITEMS AND CANNOT BE CHANGED OR CANCELLED.

Nutritional Development Services - Archdiocese of Philadelphia
 222 North 17th Street, Philadelphia, PA 19103
 Phone: 215-895-3470, OPTION 4- FAX: 215-895-0832
 Email: afterschoolmeals@ndsarch.org



MENU SUBJECT TO CHANGE
 WG = WHOLE GRAIN



REMINDER! Water must be OFFERED every day!