







NOVEMBER 2018 - AT-RISK AFTERSCHOOL COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11/5/2018 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 130 SUNFLOWER KERNELS 670 FRESH FRUIT 611 BABY CARROTS PACK 942 MULTIGRAIN SUNCHIPS 943 RANCH DRESSING 100 WHITE MILK 2402	11/6/2018 138 BLUEBERRY YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 346 CINNAMON TOAST CRUNCH CEREAL 100 WHITE MILK  Election Day 2407	11/7/2018 205 WHOLE GRAIN POPCORN CHICKEN 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 934 WG DINO BITES GRAHAMS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK 2410 FOOD ORDER DUE FOR NOV 26	11/8/2018 139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 941 TOSTITOS SCOOPS 100 WHITE MILK  2413	11/9/2018 117 SOY BUTTER CUP 129 HONEY ROASTED SUNFLOWER KERNELS 621 FRESH CELERY STICKS 670 FRESH FRUIT 939 HEARTZELS PRETZELS 943 RANCH DRESSING 100 WHITE MILK 2406
11/12/2018 126 LAND O LAKES CO-JACK CHEESE STICK 130 SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE CUP 611 BABY CARROTS PACK 331 WG CORN MUFFIN 943 RANCH DRESSING 100 WHITE MILK  VETERANS' DAY 2402	11/13/2018 133 STRAWBERRY BANANA YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 632 WANGO MANGO VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	11/14/2018 205 WHOLE GRAIN POPCORN CHICKEN 602 RED BLISS POTATO SALAD WITH TURKEY BACON 697 BAGGED APPLE SLICES 993 WHOLE GRAIN HOLIDAY COOKIE 961 KETCHUP 100 WHITE MILK 2410 DOUBLE FOOD ORDERS WEEKS OF DEC 3 & DEC 10	11/15/2018 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 957 MAYONNAISE 100 WHITE MILK 2415	11/16/2018 272 FOUR CHEESE WG PANINI 670 FRESH FRUIT 611 BABY CARROTS PACK 963 MUSTARD 943 RANCH DRESSING 100 WHITE MILK 2440
11/19/2018 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 611 BABY CARROTS PACK 927 PEPPERIDGE FARM WHOLE GRAIN CHEDDAR GOLDFISH 943 RANCH DRESSING 100 WHITE MILK 2402	11/20/2018 136 RASPBERRY YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 632 WANGO MANGO VEGETABLE JUICE 345 HONEY SCOOTERS CEREAL 100 WHITE MILK  2407	11/21/2018 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE CUP 620 RED GOLD SALSA CUP 941 TOSTITOS SCOOPS 100 WHITE MILK 2413 NO FOOD ORDER DUE!	11/22/2018  Happy Thanksgiving! 2406	11/23/2018 117 SOY BUTTER CUP 130 SUNFLOWER KERNELS 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 368 WG WHITE SLICED BAGEL 100 WHITE MILK 2406
11/26/2018 126 LAND O LAKES CO-JACK CHEESE STICK 130 SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE CUP 611 BABY CARROTS PACK 930 WG CHEEZ-IT BAKED CRACKERS 943 RANCH DRESSING 100 WHITE MILK 2402	11/27/2018 133 STRAWBERRY BANANA YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	11/28/2018 205 WHOLE GRAIN POPCORN CHICKEN 611 BABY CARROTS PACK 670 FRESH FRUIT 936 VANILLA BEAR GRAHAMS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK 2410 DOUBLE FOOD ORDERS WEEKS FOR DEC 17 & DEC 24	11/29/2018 248 CHICKEN PATTY, TURKEY PEPPERONI, MOZZARELLA CHEESE ON WG BUN 670 FRESH FRUIT 632 WANGO MANGO VEGETABLE JUICE 963 MUSTARD 100 WHITE MILK 2438	11/30/2018 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 697 BAGGED APPLE SLICES 611 BABY CARROTS PACK 963 MUSTARD 943 RANCH DRESSING 100 WHITE MILK  2419

Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.

Nutritional Development Services - Archdiocese of Philadelphia



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

REMINDER! Water must be OFFERED every day!

