






MARCH 2019 AFTERSCHOOL COLD SUPPER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4/2019 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 684 MIXED BERRY APPLESAUCE CUP 611 BABY CARROTS PACK 924 HARVEST CHEDDAR SUNCHIPS 943 RANCH DRESSING 100 WHITE MILK 2402	3/5/2019 138 BLUEBERRY YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 346 CINNAMON TOAST CRUNCH CEREAL 100 WHITE MILK 2407	3/6/2019 205 WHOLE GRAIN POPCORN CHICKEN 631 CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 934 WG DINO BITES GRAHAMS 954 BARBECUE SAUCE 100 WHITE MILK ORDER DUE FOR WEEK OF MARCH 25 2410	3/7/2019 139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 611 BABY CARROTS PACK 670 FRESH FRUIT 941 TOSTITOS SCOOPS 943 RANCH DRESSING 100 WHITE MILK 2413	3/8/2019 117 SOY BUTTER CUP 129 HONEY ROASTED SUNFLOWER KERNELS 621 FRESH CELERY STICKS 670 FRESH FRUIT 939 HEARTZELS PRETZELS 100 WHITE MILK 2406
3/11/2019 126 LAND O LAKES CO-JACK CHEESE STICK 129 HONEY ROASTED SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE CUP 611 BABY CARROTS PACK 330 WG BLUEBERRY MUFFIN 943 RANCH DRESSING 100 WHITE MILK 2402	3/12/2019 134 CHERRY VANILLA YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 635 CALYPSO CRUSH VEGETABLE JUICE 349 CORN CHEX CEREAL 100 WHITE MILK  2407	3/13/2019 205 WHOLE GRAIN POPCORN CHICKEN 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 993 WG SHAMROCK COOKIE 961 KETCHUP 943 RANCH DRESSING 100 WHITE MILK ORDER DUE FOR WEEK OF APRIL 1 2410	3/14/2019 272 FOUR CHEESE WG PANINI 622 RED GOLD MARINARA SAUCE CUP 708 ROMAINE & SPINACH SALAD WITH CHICKPEAS 670 FRESH FRUIT 946 LIGHT FRENCH DRESSING 100 WHITE MILK 2440	3/15/2019 261 SOY BUTTER & JELLY WG SANDWICH 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 100 WHITE MILK  2433
3/18/2019 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 684 MIXED BERRY APPLESAUCE CUP 611 BABY CARROTS PACK 941 TOSTITOS SCOOPS 943 RANCH DRESSING 100 WHITE MILK 2402	3/19/2019 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	3/20/2019 205 WHOLE GRAIN POPCORN CHICKEN 697 BAGGED APPLE SLICES 611 BABY CARROTS PACK 935 WG ALL SPORTS GRAHAMS 950 HONEY MUSTARD 943 RANCH DRESSING 100 WHITE MILK ORDER DUE FOR WEEK OF APRIL 8 2410	3/21/2019 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 670 FRESH FRUIT 620 RED GOLD SALSA CUP 941 TOSTITOS SCOOPS 100 WHITE MILK  2413	3/22/2019 117 SOY BUTTER CUP 129 HONEY ROASTED SUNFLOWER KERNELS 630 DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 368 WG WHITE SLICED BAGEL 100 WHITE MILK 2406
3/25/2019 126 LAND O LAKES CO-JACK CHEESE STICK 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 683 UNSWEETENED APPLESAUCE CUP 611 BABY CARROTS PACK 339 WG CRANBERRY ORANGE MUFFIN 943 RANCH DRESSING 100 WHITE MILK 2402	3/26/2019 136 RASPBERRY YOGURT 128 GOLDEN DELUXE TRAIL MIX 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 345 HONEY SCOOTERS CEREAL 100 WHITE MILK 2407	3/27/2019 205 WHOLE GRAIN POPCORN CHICKEN 697 BAGGED APPLE SLICES 611 BABY CARROTS PACK 936 VANILLA BEAR GRAHAMS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK DOUBLE ORDER DUE FOR WEEKS OF APRIL 15 & APRIL 22 2410	3/28/2019 248 CHICKEN PATTY, TURKEY PEPPERONI, MOZZARELLA CHEESE ON WG BUN 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 963 MUSTARD 100 WHITE MILK 2438	3/29/2019 235 AMERICAN CHEESE ON WHOLE GRAIN BREAD 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 963 MUSTARD 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
222 North 17th Street, Philadelphia, PA 19103
Phone: 215-895-3470, OPTION 4 - FAX: 215-895-0832 - AFTERSCHOOLMEALS@NDSARCH.ORG

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

REMINDER! Water must be OFFERED every day!



WG = WHOLE GRAIN-RICH
MENU SUBJECT TO CHANGE

