



June/July 2019



Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>June 10</p> <p>227 BBQ Chicken & Cheese Wrap 752 Fruit Punch Juice 611 Bagged Baby Carrots 540 Garlic Hummus 928 Goldfish Pretzels</p> <p>June 17</p> <p>239 Turkey Bologna Sandwich 670 Fresh Fruit 703 Wango Mango Vegetable Juice 936 Vanilla Bear Grahams</p> <p>June 24</p> <p>242 Deli Wedge Sandwich 752 Fruit Punch Juice 611 Bagged Baby Carrots 550 White Bean Hummus</p> <p>July 1</p> <p>227 BBQ Chicken & Cheese Wrap 752 Fruit Punch Juice 611 Bagged Baby Carrots 540 Garlic Hummus 928 Goldfish Pretzels</p> <p>July 8</p> <p>239 Turkey Bologna Sandwich 670 Fresh Fruit 703 Wango Mango Vegetable Juice 936 Vanilla Bear Grahams</p> <p>July 15</p> <p>242 Deli Wedge Sandwich 752 Fruit Punch Juice 611 Bagged Baby Carrots 550 White Bean Hummus</p>	<p>June 11</p> <p>249 Italian Whole Wheat Sub 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>June 18</p> <p>205 Popcorn Chicken 752 Fruit Punch Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 928 Goldfish Pretzels</p> <p>June 25</p> <p>248 Breaded Chicken, Turkey Pepperoni & Mozzarella on a Bun 699 Strawberry Cup 601 Asiago Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>July 2</p> <p>249 Italian Whole Wheat Sub 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>July 9</p> <p>205 Popcorn Chicken 752 Fruit Punch Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 928 Goldfish Pretzels</p> <p>July 16</p> <p>248 Breaded Chicken, Turkey Pepperoni & Mozzarella on a Bun 699 Strawberry Cup 601 Asiago Potato Salad 630 Dragon Punch Vegetable Juice</p>	<p>June 12</p> <p>239 Turkey Bologna Sandwich 635 Calypso Crush Vegetable Juice 621 Celery Sticks 696 Raisins</p> <p>June 19</p> <p>250 Torpedo Sandwich 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>June 26</p> <p>205 Popcorn Chicken 640 Red Seedless Grapes 703 Wango Mango Vegetable Juice 929 Cinnamon Elf Grahams</p> <p>July 3</p> <p>239 Turkey Bologna Sandwich 635 Calypso Crush Vegetable Juice 621 Celery Sticks 696 Raisins 117 Soy Butter Cup</p> <p>July 10</p> <p>250 Torpedo Sandwich 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>July 17</p> <p>205 Popcorn Chicken 640 Red Seedless Grapes 703 Wango Mango Vegetable Juice 929 Cinnamon Elf Grahams</p>	<p>June 13</p> <p>205 Popcorn Chicken 670 Fresh Fruit 708 Romaine Salad with Spinach & Chickpeas 931 Animal Crackers</p> <p>June 20</p> <p>247 Italian Combo Sandwich 750 Apple Juice 706 Romaine Salad with Cherry Tomatoes</p> <p>June 27</p> <p>239 Turkey Bologna Sandwich 659 Watermelon Craisins 708 Romaine salad with Spinach & Chickpeas</p> <p>July 4</p> <p>Independence Day</p> <p>July 11</p> <p>247 Italian Combo Sandwich 750 Apple Juice 706 Romaine Salad with Cherry Tomatoes</p> <p>July 18</p> <p>239 Turkey Bologna Sandwich 659 Watermelon Craisins 708 Romaine salad with Spinach & Chickpeas</p>	<p>June 14</p> <p>410 Toasted Cheese on Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p> <p>June 21</p> <p>272 Four Cheese Panini 697 Bagged Sliced Apples 635 Calypso Crush Vegetable Juice 541 Chocolate Hummus 932 Cinnamon Scooby Snacks</p> <p>June 28</p> <p>410 Toasted Cheese on Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p> <p>July 5</p> <p>410 Toasted Cheese on Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p> <p>July 12</p> <p>272 Four Cheese Panini 697 Bagged Sliced Apples 635 Calypso Crush Vegetable Juice 541 Chocolate Hummus 932 Cinnamon Scooby Snacks</p> <p>July 19</p> <p>410 Toasted Cheese on Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p>

Nutritional Development Services

Menu is subject to change, a variety of low fat and skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich.

Archdiocese of Philadelphia
222 N. 17th Street
Philadelphia, PA 19103
215-895-3470

SummerMealsNDS

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www.nutritionaldevelopmentservices.org

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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.



July/August 2019



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<p>July 22</p> <p>227 BBQ Chicken & Cheese Wrap 752 Fruit Punch Juice 611 Bagged Baby Carrots 540 Garlic Hummus 928 Goldfish Pretzels</p> <p>July 29</p> <p>239 Turkey Bologna Sandwich 670 Fresh Fruit 703 Wango Mango Vegetable Juice 936 Vanilla Bear Grahams</p> <p>August 5</p> <p>242 Deli Wedge Sandwich 752 Fruit Punch Juice 611 Bagged Baby Carrots 550 White Bean Hummus</p> <p>August 12</p> <p>227 BBQ Chicken & Cheese Wrap 752 Fruit Punch Juice 611 Bagged Baby Carrots 540 Garlic Hummus 928 Goldfish Pretzels</p> <p>August 19</p> <p>239 Turkey Bologna Sandwich 670 Fresh Fruit 703 Wango Mango Vegetable Juice 936 Vanilla Bear Grahams</p>	<p>July 23</p> <p>249 Italian Whole Wheat Sub 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>July 30</p> <p>205 Popcorn Chicken 752 Fruit Punch Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 928 Goldfish Pretzels</p> <p>August 6</p> <p>248 Breaded Chicken, Turkey Pepperoni & Mozzarella on a Bun 699 Strawberry Cup 601 Asiago Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>August 13</p> <p>249 Italian Whole Wheat Sub 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>August 20</p> <p>205 Popcorn Chicken 752 Fruit Punch Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 928 Goldfish Pretzels</p>	<p>July 24</p> <p>239 Turkey Bologna Sandwich 635 Calypso Crush Vegetable Juice 621 Celery Sticks 696 Raisins</p> <p>July 31</p> <p>250 Torpedo Sandwich 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p> <p>August 7</p> <p>205 Popcorn Chicken 640 Red Seedless Grapes 703 Wango Mango Vegetable Juice 929 Cinnamon Elf Grahams</p> <p>August 14</p> <p>239 Turkey Bologna Sandwich 635 Calypso Crush Vegetable Juice 621 Celery Sticks 696 Raisins</p> <p>August 21</p> <p>250 Torpedo Sandwich 697 Bagged Sliced Apples 602 Home-style Potato Salad 630 Dragon Punch Vegetable Juice</p>	<p>July 25</p> <p>205 Popcorn Chicken 670 Fresh Fruit 708 Romaine Salad with Spinach & Chickpeas 931 Animal Crackers</p> <p>August 1</p> <p>247 Italian Combo Sandwich 750 Apple Juice 706 Romaine Salad with Cherry Tomatoes</p> <p>August 8</p> <p>239 Turkey Bologna Sandwich 659 Watermelon Craisins 708 Romaine salad with Spinach & Chickpeas</p> <p>August 15</p> <p>205 Popcorn Chicken 670 Fresh Fruit 708 Romaine Salad with Spinach & Chickpeas 931 Animal Crackers</p> <p>August 22</p> <p>247 Italian Combo Sandwich 750 Apple Juice 706 Romaine Salad with Cherry Tomatoes</p>	<p>July 26</p> <p>410 Toasted Cheese on Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p> <p>August 2</p> <p>272 Four Cheese Panini 697 Bagged Sliced Apples 635 Calypso Crush Vegetable Juice 541 Chocolate Hummus 932 Cinnamon Scooby Snacks</p> <p>August 9</p> <p>410 Toasted Cheese On Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p> <p>August 16</p> <p>410 Toasted Cheese on Wheat Bread 670 Fresh Fruit 631 Cherry Star Vegetable Juice 620 Salsa 941 Tostitos Scoops</p> <p>August 23</p> <p>272 Four Cheese Panini 697 Bagged Sliced Apples 635 Calypso Crush Vegetable Juice 541 Chocolate Hummus 932 Cinnamon Scooby Snacks</p>

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