

OCTOBER 2019 AFTERSCHOOL COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/30/2019 118 LIGHT MOZZERELLA STRING CHEESE (Land O'Lakes) 543 RED PEPPER HUMMUS 683 UNSWEETENED APPLESAUCE 611 BABY CARROTS PACK 926 GARDEN SALSA SUNCHIPS 100 WHITE MILK 2402	10/1/2019 136 VANILLA YOGURT 129 HONEY ROASTED SUNFLOWER KERNELS 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 349 CORN CHEX CEREAL 100 WHITE MILK 2407	10/2/2019 205 WHOLE GRAIN POPCORN CHICKEN 611 BABY CARROTS PACK 604 DUTCH POTATO SALAD 937 APPLE CINNAMON BEAR GRAHAMS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 MILK 2410 FOOD ORDER DUE - WEEK OF 10/21	10/3/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 963 MUSTARD 100 WHITE MILK 2420	10/4/2019 139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 620 RED GOLD SALSA CUP 697 BAGGED APPLE SLICES 941 TOSTITOS SCOOPS 100 WHITE MILK 2413
10/7/2019 118 LIGHT MOZZERELLA STRING CHEESE (Land O' Lakes) 130 SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE 611 BABY CARROTS PACK 331 WG CORN MUFFIN 943 RANCH DRESSING 100 WHITE MILK 2402	10/8/2019 134 CHERRY VANILLA YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	10/9/2019 205 WHOLE GRAIN POPCORN CHICKEN 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 936 WG VANILLA BEAR GRAHAMS 961 KETCHUP 943 RANCH DRESSING 100 WHITE MILK 2410 YOM KIPPUR FOOD ORDER DUE - WEEK OF 10/28	10/10/2019 227 BBQ CHICKEN & CHEESE WG WRAP 630 DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK 2412	10/11/2019 261 SOY BUTTER & JELLY WG SANDWICH 684 MIXED BERRY APPLESAUCE CUP 631 CHERRY STAR VEGETABLE JUICE 100 WHITE MILK 2433
10/14/2019 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE 620 RED GOLD SALSA CUP 941 TOSTITOS SCOOPS 100 WHITE MILK COLUMBUS DAY 2413	10/15/2019 133 STRAWBERRY BANANA YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 346 CINNAMON TOAST CRUNCH CEREAL 100 WHITE MILK 2407	10/16/2019 126 COLBY JACK STRING CHEESE (Land O' Lakes) 125 JENNIE O SWEET BBQ TURKEY BREAST STICK** 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 939 HEARTZELS PRETZELS 943 RANCH DRESSING 100 WHITE MILK 2405 FOOD ORDER DUE - WEEK OF 11/4	10/17/2019 249 TURKEY HAM, TURKEY PEPPERONI & AMERICAN CHEESE ON WG BUN 706 ROMAINE SALAD WITH CHERRY TOMATOES 696 RAISINS 963 MUSTARD 953 FRENCH DRESSING 100 WHITE MILK 2437	10/18/2019 235 AMERICAN CHEESE ON WG BREAD 670 FRESH FRUIT 630 DRAGON PUNCH VEGETABLE JUICE 963 MUSTARD 100 WHITE MILK 2419
10/21/2019 126 COLBY JACK STRING CHEESE (Land O' Lakes) 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 683 UNSWEETENED APPLESAUCE 611 BABY CARROTS PACK 330 WG BLUEBERRY MUFFIN 943 RANCH DRESSING 100 WHITE MILK 2402	10/22/2019 138 BLUEBERRY YOGURT 130 SUNFLOWER KERNELS 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	10/23/2019 205 WHOLE GRAIN POPCORN CHICKEN 604 DUTCH POTATO SALAD 640 FRESH RED SEEDLESS GRAPES 937 WG APPLE CINNAMON BEAR GRAHAMS 965 HONEY MUSTARD 100 WHITE MILK 2410 FOOD ORDER DUE - WEEK OF 11/11	10/24/2019 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 670 FRESH FRUIT 620 RED GOLD SALSA CUP 941 TOSTITOS SCOOPS 100 WHITE MILK 2413	10/25/2019 117 SOY BUTTER CUP 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 630 DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 368 WG WHITE SLICED BAGEL 100 WHITE MILK 2406
10/28/2019 126 COLBY JACK STRING CHEESE (Land O' Lakes) 543 RED PEPPER HUMMUS 683 UNSWEETENED APPLESAUCE 611 BABY CARROTS PACK 942 MULTIGRAIN SUNCHIPS 100 WHITE MILK 2402	10/29/2019 137 PEACH YOGURT 129 HONEY ROASTED SUNFLOWER KERNELS 670 FRESH FRUIT 631 CHERRY STAR VEGETABLE JUICE 347 CINNAMON CHEX CEREAL 100 WHITE MILK 2407	10/30/2019 205 WHOLE GRAIN POPCORN CHICKEN 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 939 HEARTZELS PRETZELS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK 2410 FOOD ORDER DUE - WEEK OF 11/18	10/31/2019 239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD 631 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 963 MUSTARD 100 WHITE MILK HALLOWEEN! 2420	11/1/2019 261 SOY BUTTER & JELLY WG SANDWICH 630 DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK ALL SAINTS DAY 2406

Nutritional Development Services
 222 North 17th Street, Philadelphia, PA 19103

Phone: 215-895-3470, OPTION 4 - FAX: 215-895-0832

AFTERSCHOOLMEALS@NDSARCH.ORG

** NEW PRODUCT - MUST BE KEPT REFRIGERATED!!

MEALS CONTAINING HIGHLIGHTED FRESH PACKAGED ITEMS CANNOT BE CHANGED OR CANCELLED.

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

REMINDER! Water must be OFFERED every day!
MENU SUBJECT TO CHANGE