



















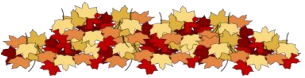







# OCTOBER 2019 AFTERSCHOOL SNACK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9/30/2019</p> <p>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 442 ORANGE JUICE (6 OUNCE)</p> 	<p>10/1/2019</p> <p>939 HEARTZELS PRETZELS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>	<p>10/2/2019</p> <p>930 WG CHEEZ-IT BAKED CRACKERS 444 FRUIT JUICE BLEND (6 OUNCE)</p> 	<p>10/3/2019</p> <p>988 WG CINNAMON GRAHAM CRACKERS 133 STRAWBERRY BANANA YOGURT</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>	<p>10/4/2019</p> <p>942 MULTIGRAIN SUNCHIPS 126 LAND O LAKES CO-JACK CHEESE STICK</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>
<b>FOOD ORDER DUE - WEEK OF 10/21</b>				
<p>10/7/2019</p> <p>928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 440 APPLE JUICE (6 OUNCE)</p> 	<p>10/8/2019</p> <p>941 TOSTITOS SCOOPS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>	<p>10/9/2019</p> <p>926 GARDEN SALSA SUNCHIPS 441 GRAPE JUICE (6 OUNCE)</p>	<p>10/10/2019</p> <p>989 WHOLE GRAIN HONEY GRAHAM CRACKERS 117 SOY BUTTER CUP</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>	<p>10/11/2019</p> <p>931 WHOLE GRAIN ANIMAL CRACKERS 136 VANILLA YOGURT</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>
<b>FOOD ORDER DUE - WEEK OF 10/28</b>				
<p>10/14/2019</p> <p>930 WG CHEEZ-IT BAKED CRACKERS 442 ORANGE JUICE (6 OUNCE)</p>	<p>10/15/2019</p> <p>928 PEPPERIDGE FARM WG GOLDFISH PRETZELS 126 LAND O LAKES CO-JACK CHEESE STICK</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p> 	<p>10/16/2019</p> <p>988 WG CINNAMON GRAHAM CRACKERS 444 FRUIT JUICE BLEND (6 OUNCE)</p>	<p>10/17/2019</p> <p>942 MULTIGRAIN SUNCHIPS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p> 	<p>10/18/2019</p> <p>929 WG KEEBLER CINNAMON ELF GRAHAMS 138 BLUEBERRY YOGURT</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>
<b>FOOD ORDER DUE - WEEK OF 11/4</b>				
<p><b>Columbus Day</b></p> <p>10/21/2019</p> <p>923 FRENCH ONION SUNCHIPS 440 APPLE JUICE (6 OUNCE)</p> 	<p>10/22/2019</p> <p>938 WG SAVORY BITES WHEAT CRACKERS 117 SOY BUTTER CUP</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>	<p>10/23/2019</p> <p>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 441 GRAPE JUICE (6 OUNCE)</p>	<p>10/24/2019</p> <p>941 HEARTZELS PRETZELS 126 LAND O LAKES CO-JACK CHEESE STICK</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p> 	<p>10/25/2019</p> <p>931 WHOLE GRAIN ANIMAL CRACKERS 137 PEACH YOGURT</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p> 
<b>FOOD ORDER DUE - WEEK OF 11/11</b>				
<p>10/28/2019</p> <p>930 WG CHEEZ-IT BAKED CRACKERS 444 FRUIT JUICE BLEND (6 OUNCE)</p> 	<p>10/29/2019</p> <p>926 GARDEN SALSA SUNCHIPS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p> 	<p>10/30/2019</p> <p>929 WG KEEBLER CINNAMON ELF GRAHAMS 440 APPLE JUICE (6 OUNCE)</p>	<p>10/31/2019</p> <p>989 WHOLE GRAIN HONEY GRAHAM CRACKERS 134 CHERRY VANILLA YOGURT</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p>	<p>11/1/2019</p> <p>941 TOSTITOS SCOOPS 126 LAND O LAKES CO-JACK CHEESE STICK</p> <p> **YOU ARE ENCOURAGED TO SERVE WATER ALONG WITH THIS SNACK</p> 
<b>FOOD ORDER DUE - WEEK OF 11/18</b>				
			<b>Halloween</b>	<b>All Saints Day</b>

**\*\*SERVE BOTH ITEMS TOGETHER, GRAIN WITH YOGURT, CHEESE OR SOY BUTTER CUP**

**WG = WHOLE GRAIN-RICH**

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

**REMINDER! Water must be OFFERED every day!**

**MENU SUBJECT TO CHANGE**