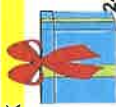







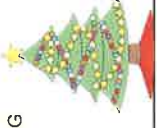

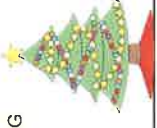




DECEMBER 2019 AFTERSCHOOL COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12/2/2019</p> <p>118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p>130 SUNFLOWER KERNELS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>611 BABY CARROTS PACK</p> <p>331 WG CORN MUFFIN</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p></p> <p>2402</p>	<p>12/3/2019</p> <p>136 VANILLA YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>922 BAGGED WG PREMIUM GRANOLA</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/4/2019</p> <p>205 WHOLE GRAIN POPCORN CHICKEN</p> <p>604 DUTCH POTATO SALAD</p> <p>611 BABY CARROTS PACK</p> <p>937 WG APPLE CINNAMON BEAR GRAHAMS</p> <p>961 KETCHUP</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2410</p> <p>DOUBLE ORDER DUE: WEEKS OF 12/23 & 12/30</p>	<p>12/5/2019</p> <p>239 TURKEY BOLOGNA ON WHOLE WHEAT BREAD</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>670 FRESH FRUIT</p> <p>963 MUSTARD</p> <p>100 WHITE MILK</p> <p></p> <p>2420</p>	<p>12/6/2019</p> <p>139 CHEDDAR CHEESE CUP</p> <p>129 HONEY ROASTED SUNFLOWER KERNELS</p> <p>620 RED GOLD SALSA CUP</p> <p>697 BAGGED APPLE SLICES</p> <p>941 TOSTITOS SCOOPS</p> <p>100 WHITE MILK</p> <p></p> <p>2413</p>
<p>12/9/2019</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>543 RED PEPPER HUMMUS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>611 BABY CARROTS PACK</p> <p>926 GARDEN SALSA SUNCHIPS</p> <p>100 WHITE MILK</p> <p>2402</p>	<p>12/10/2019</p> <p>134 CHERRY VANILLA YOGURT</p> <p>130 SUNFLOWER KERNELS</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>349 CORN CHEX CEREAL</p> <p>100 WHITE MILK</p> <p></p> <p>2407</p>	<p>12/11/2019</p> <p>205 WHOLE GRAIN POPCORN CHICKEN</p> <p>611 BABY CARROTS PACK</p> <p>608 DOLE TROPICAL FRUIT CUP</p> <p>936 WG VANILLA BEAR GRAHAMS</p> <p>954 BARBECUE SAUCE</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2410</p> <p>DOUBLE ORDER DUE - WKS OF 12/23 & 1/3</p>	<p>12/12/2019</p> <p>227 BBQ CHICKEN & CHEESE WG WRAP</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>670 FRESH FRUIT</p> <p>100 WHITE MILK</p> <p></p> <p>2412</p>	<p>12/13/2019</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p>2433</p>
<p>12/16/2019</p> <p>118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE</p> <p>546 CHEESY PIZZA HUMMUS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>611 BABY CARROTS PACK</p> <p>939 HEARTZELS PRETZELS</p> <p>100 WHITE MILK</p> <p>2402</p>	<p>12/17/2019</p> <p>133 STRAWBERRY BANANA YOGURT</p> <p>129 HONEY ROASTED SUNFLOWER KERNELS</p> <p>670 FRESH FRUIT</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>346 CINNAMON TOAST CRUNCH CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/18/2019</p> <p>125 JENNIE-O SWEET BBQ TURKEY BREAST STICK</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>604 DUTCH POTATO SALAD</p> <p>697 BAGGED APPLE SLICES</p> <p>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH</p> <p>100 WHITE MILK</p> <p>2405</p> <p>FOOD ORDER DUE - WEEK OF 1/20</p>	<p>12/19/2019</p> <p>205 WHOLE GRAIN POPCORN CHICKEN</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>670 FRESH FRUIT</p> <p>993 HOLIDAY COOKIE</p> <p>965 HONEY MUSTARD</p> <p>100 WHITE MILK</p> <p>2410</p>	<p>12/20/2019</p> <p>139 CHEDDAR CHEESE CUP</p> <p>130 SUNFLOWER KERNELS</p> <p>611 BABY CARROTS PACK</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>926 GARDEN SALSA SUNCHIPS</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2413</p>
<p>12/23/2019</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>129 HONEY ROASTED SUNFLOWER KERNELS</p> <p>670 FRESH FRUIT</p> <p>611 BABY CARROTS PACK</p> <p>339 WG CRANBERRY ORANGE MUFFIN</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p>2402</p>	<p>12/24/2019</p> <p>139 CHEDDAR CHEESE CUP</p> <p>130 SUNFLOWER KERNELS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>620 RED GOLD SALSA CUP</p> <p>941 TOSTITOS SCOOPS</p> <p>100 WHITE MILK</p> <p></p> <p>2413</p>	<p>12/25/2019</p> <p>125 JENNIE-O SWEET BBQ TURKEY BREAST STICK</p> <p>126 LAND O LAKES CO-JACK CHEESE STICK</p> <p>604 DUTCH POTATO SALAD</p> <p>697 BAGGED APPLE SLICES</p> <p>927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH</p> <p>100 WHITE MILK</p> <p>2405</p> <p>FOOD ORDER DUE - WEEK OF 1/20</p> <p></p> <p>Christmas</p> <p>NO FOOD ORDER DUE</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/27/2019</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p></p> <p>2433</p>
<p>12/30/2019</p> <p>227 BBQ CHICKEN & CHEESE WG WRAP</p> <p>611 BABY CARROTS PACK</p> <p>670 FRESH FRUIT</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p></p> <p>2412</p>	<p>12/31/2019</p> <p>242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>963 MUSTARD</p> <p>100 WHITE MILK</p> <p></p> <p>2415</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/27/2019</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p>2433</p>
<p>12/30/2019</p> <p>227 BBQ CHICKEN & CHEESE WG WRAP</p> <p>611 BABY CARROTS PACK</p> <p>670 FRESH FRUIT</p> <p>943 RANCH DRESSING</p> <p>100 WHITE MILK</p> <p></p> <p>2412</p>	<p>12/31/2019</p> <p>242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>631 CHERRY STAR VEGETABLE JUICE</p> <p>963 MUSTARD</p> <p>100 WHITE MILK</p> <p></p> <p>2415</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/27/2019</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p>2433</p>
<p>Nutritional Development Services - Archdiocese of Philadelphia</p> <p>222 North 17th Street, Philadelphia, PA 19103</p> <p>Phone: 215-895-3470, OPTION 4 - FAX: 215-895-0832</p> <p>AFTERSCHOOLMEALS@NDSARCH.ORG</p>	<p>12/31/2019</p> <p>136 CHEDDAR CHEESE CUP</p> <p>130 SUNFLOWER KERNELS</p> <p>684 MIXED BERRY APPLESAUCE CUP</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>941 TOSTITOS SCOOPS</p> <p>100 WHITE MILK</p> <p></p> <p>2407</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/26/2019</p> <p>138 BLUEBERRY YOGURT</p> <p>132 DRY ROASTED ORGANIC PUMPKIN SEEDS</p> <p>683 UNSWEETENED APPLESAUCE CUP</p> <p>632 WANGO MANGO VEGETABLE JUICE</p> <p>345 HONEY SCOOTERS CEREAL</p> <p>100 WHITE MILK</p> <p>2407</p>	<p>12/27/2019</p> <p>261 SOY BUTTER & JELLY WG SANDWICH</p> <p>670 FRESH FRUIT</p> <p>630 DRAGON PUNCH VEGETABLE JUICE</p> <p>100 WHITE MILK</p> <p>2433</p>

MEALS CONTAINING HIGHLIGHTED FRESH 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!

WG = WHOLE GRAIN-RICH

MENU SUBJECT TO CHANGE