

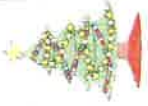

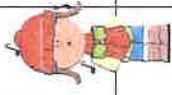









DECEMBER 2019 AFTERSCHOOL HOT SUPPER MENU

Remember that at least one vegetable component MUST be served every day at Supper!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12/22/2019 263 5" ROUND WG CHEESE PIZZA 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK 	12/23/2019 215 BEEF & CHEESE TACO ON WG FLOUR TORTILLA 620 RED GOLD SALSA CUP 670 FRESH FRUIT 100 WHITE MILK	12/24/2019 271 WG SPAGHETTI AND MEATBALLS 627 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK 	12/25/2019 210 WG CRISPY CHICKEN FILLET 704 FRENCH FRIES 606 CHOPPED ROMAINE SALAD 914 WHEAT HAMBURGER BUN 100 WHITE MILK	12/26/2019 217 TERIYAKI GLAZED CHICKEN W/BROWN RICE 606 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK 
12/19/2019 269 MINI CORN DOGS & WG CHICKEN NUGGETS W/POTATO ROUNDS 628 MIXED VEGETABLES 904 WHEAT BREAD 100 WHITE MILK	12/20/2019 281 HOMESTYLE SALISBURY STEAK W/GRAVY 610 MASHED POTATOES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK	12/21/2019 211 SLOPPY JOE 639 CORN 697 BAGGED APPLE SLICES 914 WHEAT HAMBURGER BUN 100 WHITE MILK FOOD ORDER DUE - WEEK OF 12/30	12/22/2019 265 CHICKEN RANCH FLATBREAD PIZZA 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK 	12/23/2019 201 CHEESEBURGER PATTY 606 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 914 WHEAT HAMBURGER BUN 100 WHITE MILK
12/16/2019 204 CHICKEN PARMESAN 639 CORN 683 UNSWEETENED APPLESAUCE CUP 914 WHEAT HAMBURGER BUN 100 WHITE MILK 	12/17/2019 255 CHEESE STUFFED BREADSTICKS 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT 100 WHITE MILK	12/18/2019 289 WG PANCAKES WITH SAUSAGE PATTY 634 HASH BROWNS 670 FRESH FRUIT 100 WHITE MILK DOUBLE ORDER DUE - WKS OF 1/6 & 1/13	12/19/2019 294 MEATBALLS WITH TOMATO SAUCE 627 GREEN BEANS 697 BAGGED APPLE SLICES 907 WHEAT HOT DOG BUN 100 WHITE MILK 	12/20/2019 264 4" X 6" WHOLE GRAIN CHEESE PIZZA 606 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
12/23/2019 201 CHEESEBURGER PATTY 628 MIXED VEGETABLES 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	12/24/2019 205 WHOLE GRAIN POPCORN CHICKEN 639 CORN 683 UNSWEETENED APPLESAUCE CUP 904 WHEAT BREAD 100 WHITE MILK 	12/25/2019 FOOD ORDER DUE - WEEK OF 1/20  Christmas NO FOOD ORDER DUE 1/1/2020 HAPPY NEW YEAR New Year's Day NO FOOD ORDER DUE	12/26/2019 253 HOT DOG WITH FRENCH FRIES 603 MAPLE BAKED BEANS 907 WHEAT HOT DOG BUN 100 WHITE MILK	12/27/2019 272 FOUR CHEESE WG PANINI 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK 
12/30/2019 251 WG BAKED CHICKEN NUGGETS 628 MIXED VEGETABLES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK 	12/31/2019 263 5" ROUND WG CHEESE PIZZA 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK 	1/3/2020 292 WHOLE GRAIN PENNE PASTA WITH MEAT SAUCE 627 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK 	1/3/2020 276 BBQ CHICKEN FAJITA 639 CORN 684 MIXED BERRY APPLESAUCE CUP 941 TOSTITOS SCOOPS 100 WHITE MILK	1/3/2020 292 WHOLE GRAIN PENNE PASTA WITH MEAT SAUCE 627 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK

**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**

Nutritional Development Services - Archdiocese of Philadelphia
 222 North 17th Street, Philadelphia, PA 19103
 Phone: 215-895-3470, OPTION 4 - FAX: 215-895-0832