

SEPTEMBER 2021 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/6/2021 Labor Day	9/7/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	9/8/2021 261 SOY BUTTER & JELLY WG SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/9/2021 205 WG POPCORN CHICKEN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	9/10/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK
9/13/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	9/14/2021 251 WG BAKED CHICKEN NUGGETS 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/15/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 631 100% CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	9/16/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	9/17/2021 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
9/20/2021 205 WG POPCORN CHICKEN 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/21/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	9/22/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 631 100% CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	9/23/2021 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	9/24/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
9/27/2021 251 WG BAKED CHICKEN NUGGETS 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	9/28/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	9/29/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	9/30/2021 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	10/1/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK

MENU SUBJECT TO CHANGE

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

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