

MAY 2021 AFTERSCHOOL COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5/3/2021 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 130 SUNFLOWER KERNELS 683 UNSWEETENED APPLESAUCE CUP 611 BABY CARROTS PACK 939 HEARTZELS PRETZELS 943 RANCH DRESSING 100 WHITE MILK 2402	5/4/2021 134 CHERRY VANILLA YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 630 100% DRAGON PUNCH VEGETABLE JUICE 346 CINNAMON TOAST CRUNCH CEREAL 100 WHITE MILK 2407	5/5/2021 205 WG POPCORN CHICKEN 604 DUTCH POTATO SALAD 670 FRESH FRUIT 958 KETCHUP 100 WHITE MILK 2410 Cinco De Mayo ORDER DUE FOR WEEK OF	5/6/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 631 100% CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 963 MUSTARD 100 WHITE MILK 2424 National Day of Prayer	5/7/2021 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 620 RED GOLD SALSA CUP 697 BAGGED APPLE SLICES 941 TOSTITOS SCOOPS 100 WHITE MILK 2413
5/10/2021 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 684 MIXED BERRY APPLESAUCE CUP 611 BABY CARROTS PACK 926 GARDEN SALSA SUNCHIPS 100 WHITE MILK 2402	5/11/2021 137 PEACH YOGURT 130 SUNFLOWER KERNELS 670 FRESH FRUIT 632 100% WANGO MANGO VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	5/12/2021 205 WG POPCORN CHICKEN 611 BABY CARROTS PACK 696 RAISINS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK 2410 ORDER DUE FOR WEEK OF	5/13/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 697 BAGGED APPLE SLICES 957 MAYONNAISE 100 WHITE MILK 2415 Ascension Thursday	5/14/2021 261 SOY BUTTER & JELLY WG SANDWICH 683 UNSWEETENED APPLESAUCE CUP 631 100% CHERRY STAR VEGETABLE JUICE 100 WHITE MILK 2433
5/17/2021 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 684 MIXED BERRY APPLESAUCE CUP 611 BABY CARROTS PACK 942 MULTIGRAIN SUNCHIPS 100 WHITE MILK 2402	5/18/2021 133 STRAWBERRY BANANA YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 670 FRESH FRUIT 632 100% WANGO MANGO VEGETABLE JUICE 342 CHEERIOS CEREAL 100 WHITE MILK 2407	5/19/2021 205 WG POPCORN CHICKEN 604 DUTCH POTATO SALAD 670 FRESH FRUIT 965 HONEY MUSTARD 100 WHITE MILK 2410 ORDER DUE FOR WEEK OF	5/20/2021 126 LAND O LAKES CO-JACK CHEESE 129 HONEY ROASTED SUNFLOWER KERNELS 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 943 RANCH DRESSING 100 WHITE MILK 2402	5/21/2021 139 CHEDDAR CHEESE CUP 130 SUNFLOWER KERNELS 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 939 HEARTZELS PRETZELS 100 WHITE MILK 2413
5/24/2021 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 684 MIXED BERRY APPLESAUCE CUP 611 BABY CARROTS PACK 930 WG CHEEZ-IT BAKED CRACKERS 100 WHITE MILK 2402	5/25/2021 138 BLUEBERRY YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 696 RAISINS 632 100% WANGO MANGO VEGETABLE JUICE 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK 2407	5/26/2021 205 WG POPCORN CHICKEN 611 BABY CARROTS PACK 670 FRESH FRUIT 958 KETCHUP 943 RANCH DRESSING 100 WHITE MILK 2410 ORDER DUE FOR WEEK OF	5/27/2021 139 CHEDDAR CHEESE CUP 130 SUNFLOWER KERNELS 620 RED GOLD SALSA CUP 683 UNSWEETENED APPLESAUCE CUP 941 TOSTITOS SCOOPS 100 WHITE MILK 2413	5/28/2021 261 SOY BUTTER & JELLY WG SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK 2433

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

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