

OCTOBER 2021 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/4/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/5/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	10/6/2021 261 SOY BUTTER & JELLY WG SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/7/2021 205 WG POPCORN CHICKEN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	10/8/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 WHITE MILK
10/11/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK Columbus Day	10/12/2021 251 WG BAKED CHICKEN NUGGETS 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/13/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 631 100% CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	10/14/2021 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	10/15/2021 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
10/18/2021 205 WG POPCORN CHICKEN 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/19/2021 242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	10/20/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 631 100% CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	10/21/2021 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	10/22/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
10/25/2021 251 WG BAKED CHICKEN NUGGETS 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	10/26/2021 241 TURKEY HAM & AMERICAN CHEESE ON WG CROISSANT 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	10/27/2021 240 TURKEY BOLOGNA & AMERICAN CHEESE ON WG SUB BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	10/28/2021 261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	10/29/2021 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