

# OCTOBER 2021 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/4/2021 827 HAMBURGER PATTY 867 GARDEN PEAS 866 ROASTED SWEET POTATOES 904 1/2 SLICE WHEAT BREAD+++ <b>or</b> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	10/5/2021 255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 817 BROCCOLI 100 WHITE MILK	10/6/2021 872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/7/2021 841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD <b>or</b> 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/8/2021 847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont) 506 CHOPPED ROMAINE SALAD <b>or</b> 812 CORN 684 MIXED BERRY APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
10/11/2021 839 WG MACARONI & CHEESE 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK  <b>Columbus Day</b>	10/12/2021 827 HAMBURGER PATTY 864 DICED CARROTS <b>or</b> 611 BABY CARROTS PACK 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ <b>or</b> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	10/13/2021 830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 825 GREEN BEANS 683 UNSWEETENED APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/14/2021 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) <b>or</b> 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD <b>or</b> 869 POTATO ROUNDS 697 BAGGED APPLE SLICES 100 WHITE MILK	10/15/2021 849 SWEDISH MEATBALLS 506 CHOPPED ROMAINE SALAD <b>or</b> 817 BROCCOLI 812 CORN 904 1/2 SLICE WHEAT BREAD+++ <b>or</b> 832 SPIRAL NOODLES 100 WHITE MILK
10/18/2021 834 CHICKEN ALFREDO W/WG PENNE PASTA (2 serv/cont) 867 GARDEN PEAS 684 MIXED BERRY APPLESauce CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/19/2021 835 FISH STICKS (2 serv/cont) 859 CORN & CARROTS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/20/2021 206 VEGGIE BURGER W/POTATO WEDGES (individual package) 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ <b>or</b> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	10/21/2021 828 MEATLOAF WITH GRAVY (2 serv/cont) 809 MASHED POTATOES 506 CHOPPED ROMAINE SALAD 809 <b>or</b> 815 MIXED VEGETABLES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/22/2021 856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD <b>or</b> 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
10/25/2021 857 SLOPPY JOE 864 DICED CARROTS <b>or</b> 611 BABY CARROTS PACK 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ <b>or</b> 914 WHEAT HAMBURGER BUN 100 WHITE MILK	10/26/2021 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) <b>or</b> 263 5" ROUND WG CHEESE PIZZA (individual package) 869 POTATO ROUNDS 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	10/27/2021 831 WG ROTINI BAKE W/MEAT CRUMBLES & CHEESE (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/28/2021 843 WG BREADED BAKED CHICKEN NUGGETS 506 CHOPPED ROMAINE SALAD <b>or</b> 815 MIXED VEGETABLES 854 SCALLOPED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	10/29/2021 839 WG MACARONI & CHEESE 506 CHOPPED ROMAINE SALAD <b>or</b> 817 BROCCOLI 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

WG = WHOLE GRAIN-RICH

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!

Nutritional Development Services-Archdiocese of Philadelphia, 222 N. 17th St., Philadelphia, PA 19103 Phone: 215-895-3470