

FEBRUARY 2022 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/31/2022 827 HAMBURGER PATTY 867 GARDEN PEAS 866 ROASTED SWEET POTATOES 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK	2/1/2022 255 CHEESE STUFFED BREADSTICKS (individual package) 622 RED GOLD MARINARA SAUCE CUP 817 BROCCOLI 100 WHITE MILK Chinese New Year	2/2/2022 872 WG BREADED CHICKEN PATTY (2 serv/cont) 865 CHEESY CAULIFLOWER 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/3/2022 841 CHEESE RAVIOLI WITH SAUCE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/4/2022 847 CHEESY CHICKEN, POTATO & BROCCOLI BAKE (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 812 CORN 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
2/7/2022 839 WG MACARONI & CHEESE 815 MIXED VEGETABLES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/8/2022 843 WG BREADED BAKED CHICKEN NUGGETS 864 DICED CARROTS or 611 BABY CARROTS PACK 861 AU GRATIN POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/9/2022 831 WG ROTINI BAKE W/MEAT CRUMBLES & CHEESE (2 serv/cont) 825 GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/10/2022 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 506 CHOPPED ROMAINE SALAD or 869 POTATO ROUNDS 697 BAGGED APPLE SLICES 100 WHITE MILK	2/11/2022 849 SWEDISH MEATBALLS 506 CHOPPED ROMAINE SALAD or 817 BROCCOLI 812 CORN 904 1/2 SLICE WHEAT BREAD+++ or 832 SPIRAL NOODLES 100 WHITE MILK
2/14/2022 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 Valentine's Day	2/15/2022 835 FISH STICKS (2 serv/cont) 859 CORN & CARROTS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/16/2022 206 VEGGIE BURGER W/POTATO WEDGES (individual package) 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK	2/17/2022 828 MEATLOAF WITH GRAVY (2 serv/cont) 809 MASHED POTATOES 506 CHOPPED ROMAINE SALAD 809 or 815 MIXED VEGETABLES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/18/2022 856 CHICKEN PARMESAN (2 serv/cont) 506 CHOPPED ROMAINE SALAD or 822 SPINACH 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
2/21/2022 857 SLOPPY JOE 864 DICED CARROTS or 611 BABY CARROTS PACK 825 GREEN BEANS 904 1/2 SLICE WHEAT BREAD+++ or 914 WHEAT HAMBURGER BUN 100 WHITE MILK Presidents' Day	2/22/2022 264 4" X 6" WHOLE GRAIN CHEESE PIZZA (individual package) or 263 5" ROUND WG CHEESE PIZZA (individual package) 869 POTATO ROUNDS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	2/23/2022 830 WG SPAGHETTI WITH MEATBALLS (2 serv/cont) 822 SPINACH 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/24/2022 843 WG BREADED BAKED CHICKEN NUGGETS 506 CHOPPED ROMAINE SALAD or 815 MIXED VEGETABLES 854 SCALLOPED POTATOES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	2/25/2022 839 WG MACARONI & CHEESE 506 CHOPPED ROMAINE SALAD or 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