










# MARCH 2022 AFTERSCHOOL COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>2/28/2022 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 611 <b>BABY CARROTS PACK</b> 683 UNSWEETENED APPLESAUCE CUP 942 MULTIGRAIN SUNCHIPS 100 WHITE MILK</p> <p>2402</p>	<p>3/1/2022 134 CHERRY VANILLA YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 630 100% DRAGON PUNCH VEG. JUICE 684 MIXED BERRY APPLESAUCE CUP 345 HONEY SCOOTERS CEREAL 100 WHITE MILK</p> <p>2407</p> <p>ORDER DUE FOR WEEK OF MARCH 21</p>	 <p>3/2/2022 205 WG POPCORN CHICKEN 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 958 KETCHUP 943 RANCH DRESSING 100 WHITE MILK</p> <p>Ash Wednesday</p> <p>2410</p>	<p>3/3/2022 124 JENNIE-O SMOKE HOUSE TURKEY BREAST STICK 126 LAND O LAKES CO-JACK CHEESE STICK 631 100% CHERRY STAR VEG. JUICE 670 FRESH FRUIT 939 HEARTZELS PRETZELS 100 WHITE MILK</p> <p>2405</p> 	<p>3/4/2022 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 620 RED GOLD SALSA CUP 697 <b>BAGGED APPLE SLICES</b> 941 TOSTITOS SCOOPS 100 WHITE MILK</p> <p>2413</p>
<p>3/7/2022 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 611 <b>BABY CARROTS PACK</b> 683 UNSWEETENED APPLESAUCE CUP 926 GARDEN SALSA SUNCHIPS 100 WHITE MILK</p> <p>2402</p>	<p>3/8/2022 137 PEACH YOGURT 130 SUNFLOWER KERNELS 632 100% WANGO MANGO VEG. JUICE 670 FRESH FRUIT 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK</p> <p>2407</p> <p>DOUBLE ORDER DUE WEEKS OF MARCH 28 &amp; APRIL 4</p>	<p>3/9/2022 205 WG POPCORN CHICKEN 611 <b>BABY CARROTS PACK</b> 696 RAISINS 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK</p> <p>2410</p>	<p>3/10/2022 240 TURKEY BOLOGNA &amp; AMERICAN CHEESE ON WG SUB BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 963 MUSTARD 100 WHITE MILK</p> <p>2424</p>	<p>3/11/2022 126 LAND O LAKES CO-JACK CHEESE STICK 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 631 100% CHERRY STAR VEGETABLE JUICE 697 <b>BAGGED APPLE SLICES</b> 341 WG VANILLA HONEY BUNCHES OF OATS CEREAL 100 WHITE MILK</p> <p>2402</p>
<p>3/14/2022 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 611 <b>BABY CARROTS PACK</b> 684 MIXED BERRY APPLESAUCE CUP 942 MULTIGRAIN SUNCHIPS 100 WHITE MILK</p> <p>2402</p> 	<p>3/15/2022 133 STRAWBERRY BANANA YOGURT 129 HONEY ROASTED SUNFLOWER KERNELS 632 100% WANGO MANGO VEG. JUICE 670 FRESH FRUIT 346 CINN. TOAST CRUNCH CEREAL 100 WHITE MILK</p> <p>2407</p> <p>ORDER DUE FOR WEEK OF APRIL 11</p>	<p>3/16/2022 251 WG BAKED CHICKEN NUGGETS 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 965 HONEY MUSTARD 943 RANCH DRESSING 100 WHITE MILK</p>  <p>2509</p>	<p>3/17/2022 125 JENNIE-O SWEET BBQ TURKEY BREAST STICK 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 630 100% DRAGON PUNCH VEG. JUICE 697 BAGGED APPLE SLICES 927 PEPPERIDGE FARM WG CHEDDAR GOLDFISH 100 WHITE MILK</p> <p>Saint Patrick's Day</p> <p>2405</p>	<p>3/18/2022 139 CHEDDAR CHEESE CUP 130 SUNFLOWER KERNELS 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 939 HEARTZELS PRETZELS 100 WHITE MILK</p>  <p>2413</p>
<p>3/21/2022 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 611 <b>BABY CARROTS PACK</b> 684 MIXED BERRY APPLESAUCE CUP 941 TOSTITOS SCOOPS 100 WHITE MILK</p> <p>2402</p>	<p>3/22/2022 138 BLUEBERRY YOGURT 130 SUNFLOWER KERNELS 632 100% WANGO MANGO VEGETABLE JUICE 696 RAISINS 922 BAGGED WG PREMIUM GRANOLA 100 WHITE MILK</p> <p>2407</p> <p>ORDER DUE FOR WEEK OF APRIL 18</p>	<p>3/23/2022 205 WG POPCORN CHICKEN 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 958 KETCHUP 943 RANCH DRESSING 100 WHITE MILK</p> <p>2410</p>	<p>3/24/2022 242 CHICKEN, TURKEY HAM &amp; TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 697 <b>BAGGED APPLE SLICES</b> 963 MUSTARD 100 WHITE MILK</p> <p>2415</p>	<p>3/25/2022 126 LAND O LAKES CO-JACK CHEESE STICK 129 HONEY ROASTED SUNFLOWER KERNELS 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 342 CHEERIOS CEREAL 100 WHITE MILK</p> <p>2402</p>
<p>3/28/2022 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 611 <b>BABY CARROTS PACK</b> 683 UNSWEETENED APPLESAUCE CUP 926 GARDEN SALSA SUNCHIPS 100 WHITE MILK</p>  <p>2402</p>	<p>3/29/2022 136 VANILLA YOGURT 129 HONEY ROASTED SUNFLOWER KERNELS 632 100% WANGO MANGO VEGETABLE JUICE 696 RAISINS 347 CINNAMON CHEX CEREAL 100 WHITE MILK</p> <p>2407</p> <p>ORDER DUE FOR WEEK APRIL 25</p>	<p>3/30/2022 205 WG POPCORN CHICKEN 611 <b>BABY CARROTS PACK</b> 670 FRESH FRUIT 954 BARBECUE SAUCE 943 RANCH DRESSING 100 WHITE MILK</p>  <p>2410</p>	<p>3/31/2022 124 JENNIE-O SMOKE HOUSE TURKEY BREAST STICK 126 LAND O LAKES CO-JACK CHEESE STICK 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 939 HEARTZELS PRETZELS 100 WHITE MILK</p> <p>2405</p>	<p>4/1/2022 139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 620 RED GOLD SALSA CUP 697 <b>BAGGED APPLE SLICES</b> 941 TOSTITOS SCOOPS 100 WHITE MILK</p>  <p>2413</p>

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**