

SEPTEMBER 2022 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/5/2022	9/6/2022	9/7/2022	9/8/2022	9/9/2022
	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 631 100% CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
Labor Day				
9/12/2022	9/13/2022	9/14/2022	9/15/2022	9/16/2022
228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 630 100% DRAGON PUNCH VEGETABLE JUICE 697 BAGGED APPLE SLICES 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
9/19/2022	9/20/2022	9/21/2022	9/22/2022	9/23/2022
229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 100 WHITE MILK Start of Fall	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
9/26/2022	9/27/2022	9/28/2022	9/29/2022	9/30/2022
242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	239 TURKEY BOLOGNA & AMERICAN CHEESE ON WG ROUND BUN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	229 TURKEY, MOZZARELLA CHEESE & AMERICAN CHEESE WG WEDGE SANDWICH 506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 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