

OCTOBER 2022 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/3/2022	10/4/2022	10/5/2022	10/6/2022	10/7/2022
284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	290 SPANISH BROWN RICE WITH BLACK BEANS, CHEDDAR CHEESE & PLAINTAINS 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 697 BAGGED APPLE SLICES 100 WHITE MILK	285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK
10/10/2022	10/11/2022	10/12/2022	10/13/2022	10/14/2022
288 WG MACARONI & CHEESE WITH BROCCOLI 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
Columbus Day/Indigenous Peoples' Day				
10/17/2022	10/18/2022	10/19/2022	10/20/2022	10/21/2022
287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK	291 GRILLED CHICKEN STRIPS WITH CARRIBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD <i>or</i> 697 BAGGED APPLE SLICES 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
10/24/2022	10/25/2022	10/26/2022	10/27/2022	10/28/2022
284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	290 SPANISH BROWN RICE WITH BLACK BEANS, CHEDDAR CHEESE & PLAINTAINS 670 FRESH FRUIT 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 697 BAGGED APPLE SLICES 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESauce CUP 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.

CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

REMINDER: Water must be OFFERED every day!

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