

# JANUARY 2023 AFTERSCHOOL HOT SUPPER MENU

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

MONDAY 1/2/2023	TUESDAY 1/3/2023	WEDNESDAY 1/4/2023	THURSDAY 1/5/2023	FRIDAY 1/6/2023
284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 670 FRESH FRUIT 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 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 or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK
1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023
288 WG MACARONI & CHEESE WITH BROCCOLI 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 683 UNSWEETENED APPLESauce CUP 904 WHEAT BREAD 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 670 FRESH FRUIT 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 100 WHITE MILK
1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023
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 CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
<b>Martin Luther King, Jr. Day</b> 1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023
284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK
1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023
287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 904 WHEAT BREAD 100 WHITE MILK	264 4" x 6" WG CHEESE PIZZA or 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS PACK 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD or 670 FRESH FRUIT 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

**Nutritional Development Services - Archdiocese of Philadelphia**

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**CHILDREN RECEIVE 1 CUP OF CHOPPED ROMAINE SALAD**

**REMINDER: Water must be OFFERED every day!**

**WG = WHOLE GRAIN-RICH**