

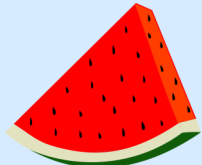



# Summer 2023-Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>June 12</b>  <b>June 19</b>  <b>June 26</b> 229 Turkey Ham & Cheese Croissant 601 Home-style Potato Salad 620 Salsa 670 Fresh Fruit 941 Tostitos Scoops Milk Variety 2423 <b>July 3</b> 242 Chicken, Turkey Ham & Cheese Wedge 546 Cheesy Pizza Hummus 611 Bagged Baby Carrots 657 Strawberry Craisins 988 Cinnamon Graham Cracker Milk Variety 2415 <b>July 10</b> 228 Turkey Ham & Cheese Sub 631 Cherry Star Vegetable Juice 541 Chocolate Hummus 670 Fresh Fruit 932 Cinnamon Scooby Snacks Milk Variety 2414	<b>June 13</b>  <b>June 20</b> 242 Chicken, Turkey Ham & Cheese Wedge 621 Celery Sticks 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 990 Chocolate Chip Cookie Milk Variety 2415 <b>June 27</b> 235 Whole Grain Cheese Waffle Sandwich 631 Cherry Star Vegetable Juice 546 Cheesy Pizza Hummus 648 Strawberry Gello Bowl 939 Heartzel Pretzels Milk Variety 2419 <b>July 4</b>  <b>July 11</b> 242 Chicken, Turkey Ham & Cheese Wedge 621 Celery Sticks 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 990 Chocolate Chip Cookie Milk Variety 2415	<b>June 14</b> 227 Turkey Ham Turkey Pepperoni & Cheese Sub 611 Bagged Baby Carrots 620 Salsa 684 Mixed Berry Applesauce 941 Tostitos Scoops Milk Variety 2412 <b>June 21</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 602 PA Dutch Potato Salad 611 Bagged Baby Carrots 750 Apple Juice Milk Variety 2412 <b>June 28</b> 238 Chicken, Turkey Pepperoni & Cheese Croissant 706 Romaine Salad with Cherry Tomatoes 749 Apple Cherry Juice Milk Variety 2418 <b>July 5</b> 235 Whole Grain Cheese Waffle Sandwich 705 Dragon Punch Vegetable Juice 649 Orange Gello Cup 930 Cheez-Its Milk Variety 2419 <b>July 12</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 602 PA Dutch Potato Salad 611 Bagged Baby Carrots 750 Apple Juice Milk Variety 2412	<b>June 15</b> 228 Turkey Ham & Cheese Sub 541 Chocolate Hummus 632 Wango Mango Vegetable Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks Milk Variety 2414 <b>June 22</b> 236 Turkey & Two Cheese Wedge Sandwich 708 Romaine Salad with Spinach & Chickpeas 691 Strawberry Apple Crisps Milk Variety 2430 <b>June 29</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 705 Dragon Punch Vegetable Juice 690 Apple Crisps Milk Variety 2412 <b>July 6</b> 228 Turkey Ham & Cheese Sub 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit Milk Variety 2414 <b>July 13</b> 236 Turkey & Two Cheese Wedge Sandwich 708 Romaine Salad with Spinach & Chickpeas 691 Strawberry Apple Crisps Milk Variety 2430	<b>June 16</b> 242 Chicken, Turkey Ham & Cheese Wedge Sandwich 706 Romaine Salad with Cherry Tomatoes 659 Watermelon Craisins 992 Oatmeal Cookie Milk Variety 2415 <b>June 23</b> 404 Italian Combo Wrap 630 Dragon Punch Vegetable Juice 620 Salsa 697 Bagged Sliced Apples 941 Tostitos Scoops Milk Variety 2416 <b>June 30</b> 404 Italian Combo Wrap 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit Milk Variety 2416 <b>July 7</b> 238 Chicken, Turkey Pepperoni & Cheese Croissant 631 Cherry Star Vegetable Juice 620 Salsa 697 Bagged Sliced Apples 941 Tostitos Scoops Milk Variety 2418 <b>July 14</b> 404 Italian Combo Wrap 630 Dragon Punch Vegetable Juice 620 Salsa 697 Bagged Sliced Apples 941 Tostitos Scoops Milk Variety 2416

## Nutritional Development Services

Menu is subject to change, a variety of low fat and skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich., all items are pork-free.

**Archdiocese of Philadelphia**  
**222 N. 17th Street**  
**Philadelphia, PA 19103**  
**215-895-3470**

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[www.nutritionaldevelopmentservices.org](http://www.nutritionaldevelopmentservices.org)

## PLEASE READ CAREFULLY

Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's summer program shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information

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<b>July 17</b> 229 Turkey Ham & Cheese Croissant 601 Home-style Potato Salad 620 Salsa 670 Fresh Fruit 941 Tostitos Scoops Milk Variety 2423	<b>July 18</b> 235 Whole Grain Cheese Waffle Sandwich 631 Cherry Star Vegetable Juice 546 Cheesy Pizza Hummus 648 Strawberry Gello Bowl 939 Heartzel Pretzels Milk Variety 2419	<b>July 19</b> 238 Chicken, Turkey Pepperoni & Cheese Crossiant 706 Romaine Salad with Cherry Tomatoes 749 Apple Cherry Juice Milk Variety 2418	<b>July 20</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 705 Dragon Punch Vegetable Juice 690 Apple Crisps Milk Variety 2412	<b>July 21</b> 404 Italian Combo Wrap 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit Milk Variety 2416
<b>July 24</b> 242 Chicken, Turkey Ham & Cheese Wedge 546 Cheesy Pizza Hummus 611 Bagged Baby Carrots 657 Strawberry Craisins 988 Cinnamon Graham Cracker Milk Variety 2415	<b>July 25</b> 229 Turkey Ham & Cheese Croissant 621 Celery Sticks 602 PA Dutch Potato Salad 752 Fruit Punch Juice Milk Variety 2423	<b>July 26</b> 235 Whole Grain Cheese Waffle Sandwich 705 Dragon Punch Vegetable Juice 649 Orange Gello Cup 930 Cheez-Its Milk Variety 2419	<b>July 27</b> 228 Turkey Ham & Cheese Sub 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit Milk Variety 2414	<b>July 28</b> 238 Chicken, Turkey Pepperoni & Cheese Croissant 631 Cherry Star Vegetable Juice 620 Salsa 697 Bagged Sliced Apples 941 Tostitos Scoops Milk Variety 2418
<b>July 31</b> 228 Turkey Ham & Cheese Sub 631 Cherry Star Vegetable Juice 541 Chocolate Hummus 670 Fresh Fruit 932 Cinnamon Scooby Snacks Milk Variety 2414	<b>August 1</b> 242 Chicken, Turkey Ham & Cheese Wedge 621 Celery Sticks 632 Wango Mango Vegetable Juice 659 Watermelon Craisins 990 Chocolate Chip Cookie Milk Variety 2415	<b>August 2</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 602 PA Dutch Potato Salad 611 Bagged Baby Carrots 750 Apple Juice Milk Variety 2412	<b>August 3</b> 236 Turkey & Two Cheese Wedge Sandwich 708 Romaine Salad with Spinach & Chickpeas 691 Strawberry Apple Crisps Milk Variety 2430	<b>August 4</b> 404 Italian Combo Wrap 630 Dragon Punch Vegetable Juice 620 Salsa 697 Bagged Sliced Apples 941 Tostitos Scoops Milk Variety 2416
<b>August 7</b> 229 Turkey Ham & Cheese Croissant 601 Home-style Potato Salad 620 Salsa 670 Fresh Fruit 941 Tostitos Scoops Milk Variety 2423	<b>August 8</b> 235 Whole Grain Cheese Waffle Sandwich 631 Cherry Star Vegetable Juice 546 Cheesy Pizza Hummus 648 Strawberry Gello Bowl 939 Heartzel Pretzels Milk Variety 2419	<b>August 9</b> 238 Chicken, Turkey Pepperoni & Cheese Croissant 706 Romaine Salad with Cherry Tomatoes 749 Apple Cherry Juice Milk Variety 2418	<b>August 10</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sub 705 Dragon Punch Vegetable Juice 690 Apple Crisps Milk Variety 2412	<b>August 11</b> 404 Italian Combo Wrap 611 Bagged Baby Carrots 540 Garlic Hummus 670 Fresh Fruit Milk Variety 2416
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