## **Elementary Cold Lunch**

## October 2023

Slogan Winner- "Live, Laugh, Lunch!" by Jack K. from Nazareth Academy, grade 7



Nutritional Development Services-Archdiocese of Philadelphia

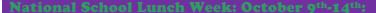
222 N 17th St, Philadelphia, PA 19103 215-895-3470, option 1



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Celebrate National School Lunch Week by participating in the school lunch program! A healthy school lunch has shown to have a positive impact both in and out of the classroom!



## PA Harvest of the Month for October: Apples!

Celebrate by reaching for apple slices on 10/5 and fresh apples offered throughout the month!









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

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
228 Turkey Ham & Cheese Sub 630 Dragon Punch Vegetable Juice 540 Garlic Hummus 644 Dole Pear Cup 932 Cinnamon Scooby Snacks	274 Toasted Cheese Sandwich V  633 Sunset Sip Vegetable Juice 620 Salsa 670 Fresh Fruit 941 Tostito Scoops	227 Turkey Ham, Turkey Pepperoni & Cheese Sub 632 Wango Mango Vegetable Juice 601 Home-style Potato Salad 752 Fruit Punch Juice	242 Chicken, Turkey Ham & Two Cheese Wedge Sandwich  706 Romaine Salad with Cherry Tomatoes 697 Bagged Sliced Apples OR 682 Banana  931 Cinnamon Bug Bite Grahams	404 Italian Combo Wrap 611 Bagged Baby Carrots 542 Harvest Pumpkin Hummus 749 Apple Cherry Juice World Smile Day
9	10	11	12	13
238 Chicken, Turkey Pepperoni & Cheese on a Croissant  611 Bagged Baby Carrots 633 Sunset Sip Vegetable Juice 649 Orange Gello Bowl  Columbus Day!	228 Turkey Ham & Cheese Sub 630 Dragon Punch Vegetable Juice 621 Celery 749 Apple Cherry Juice  Nat	229 Turkey Ham & Cheese Croissant  715 Mexican Street Corn 670 Fresh Fruit 924 Sunchips	236 Turkey & Two Cheese Wedge Sandwich  631 Cherry Star Vegetable Juice 620 Salsa 657 Strawberry Craisins 941 Tostitos Scoops  Week!	261 Soy Butter & Jelly Sandwich V  708 Romaine Salad with Spinach & Chickpeas 750 Apple Juice OR 682 Banana 933 Cinnamon Tiger Bite Grahams
16	17	18	19	20
242 Chicken, Turkey Ham & Two Cheese Wedge  715 Mexican Street Corn 749 Apple Cherry Juice 990 Chocolate Chip Cookie	227 Turkey Ham, Turkey Pepperoni & Cheese Sub 620 Salsa 631 Cherry Star Vegetable Juice 646 Dole Peach Cup 941 Tostitos Scoops	404 Italian Combo Wrap 611 Bagged Baby Carrots 541 Chocolate Brownie Hummus 752 Fruit Punch Juice	228 Turkey Ham & Cheese Sub  706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit OR 682 Banana	236 Turkey & Two Cheese Wedge Sandwich  630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 657 Strawberry Craisins 942 Sunchips
23	24	25	26	27
227 Turkey Ham, Turkey Pepperoni & Cheese Sub 633 Sunset Sip Vegetable Juice 602 PA Dutch Potato Salad 684 Mixed Berry Applesauce 928 Goldfish Pretzels	229 Turkey Ham & Cheese Croissant  630 Dragon Punch Vegetable Juice 620 Salsa 658 Cherry Craisins OR 682 Banana	261 Soy Butter & Jelly Sandwich  V  621 Celery 542 Harvest Pumpkin Hummus 749 Apple Cherry Juice 935 All Sports Grahams	238 Chicken, Turkey Pepperoni & Cheese on a Croissant 631 Cherry Star Vegetable Juice 611 Bagged Baby Carrots 609 Dole Mixed Fruit Cup 941 Tostitos Scoops	242 Chicken, Turkey Ham & Two Cheese Wedge Sandwich 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit