








# SEPTEMBER 2023 AFTER SCHOOL SNACK MENU

MONDAY 9/4/2023	TUESDAY 9/5/2023	WEDNESDAY 9/6/2023	THURSDAY 9/7/2023	FRIDAY 9/8/2023
	930 WGR CHEEZ - ITS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE	934 WG DINO BITES GRAHAMS 137 PEACH YOGURT 	936 WG VANILLA BEAR GRAHAMS 444 100% FRUIT JUICE BLEND	928 WGR PEPPERIDGE FARM PRETZEL GOLDFISH 126 LAND O LAKES CO-JACK CHEESE STICK <b>OR</b> 450 100 % APPLE JUICE
9/11/2023	9/12/2023	9/13/2023	9/14/2023	9/15/2023
988 WG CINNAMON GRAHAM CRACKERS 442 100% ORANGE JUICE	935 WG ALL SPORTS GRAHAMS 133 STRAWBERRY BANANA YOGURT 	937 WG APPLE CINNAMON BEAR GRAHAMS 441 100% GRAPE JUICE (6 OUNCE)	938 WG SAVORY BITES WHEAT CRACKERS 118 LAND O LAKES LIGHT MOZZARELLA CHEESE STICK 	932 WGR SCOOPY SNACKS CINNAMON 117 WOW (SOY) BUTTER CUPS <b>OR</b> 450 100% APPLE CHERRY JUICE
9/18/2023	9/19/2023	9/20/2023	9/21/2023	9/22/2023
989 WG GRAHAM CRACKERS 126 LAND O LAKES COLBY JACK CHEESE STICK	927 WGR PEPPERIDGE FARM CHEDDAR CHEDDAR GOLDFISH 444 100 % FRUIT JUICE BLEND	930 WGR CHEEZ-ITS 134 CHERRY VANILLA YOGURT	934 WG DINO BITES GRAHAMS 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE <b>OR</b> 442 100% ORANGE JUICE	936 WG VANILLA BEAR GRAHAMS 441 100% GRAPE JUICE 
9/24/2023	9/25/2023	9/26/2023	9/27/2023	9/28/2023
928 WGR PEPPERIDGE FARM PRETZEL GOLDFISH 450 100% APPLE CHERRY JUICE 	988 WG CINNAMON GRAHAM CRACKERS 126 LAND O LAKES CO-JACK CHEESE STICK	935 WG ALL SPORTS GRAHAMS 444 100 % FRUIT JUICE BLEND	937 WG APPLE CINNAMON BEAR GRAHAMS 138 BLUEBERRY YOGURT 	938 WG SAVORY BITES WHEAT CRACKERS 117 WOW (SOY) BUTTER <b>OR</b> 450 100% APPLE JUICE

**FIRST IN FIRST OUT: MEALS LEFT OVER TODAY WILL BE SERVED TOMORROW**

Nutritional Development Services - Archdiocese of Philadelphia

222 North 17th Street, Philadelphia, PA 19103

Phone: 215-895-3470, OPTION 4 - FAX: 215-895-0832 - afterschoolmeals@ndsarch.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 school/center 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, please call (215) 895-3470 during normal business hours.

**MENU SUBJECT TO CHANGE**

**REMINDER: Water must be offered every day!  
WG = WHOLE GRAIN-RICH**



