

SEPTEMBER 2023 AFTER SCHOOL COLD SUPPER MENU

MONDAY
9/4/2023

LABOR DAY

TUESDAY
9/5/2023

WEDNESDAY
9/6/2023

THURSDAY
9/7/2023

FRIDAY
9/8/2023

- 136 VANILLA YOGURT
- 132 DRY ROASTED ORGANIC PUMPKIN SEEDS
- 630 100% DRAGON PUNCH VEGETABLE JUICE
- 684 MIXED BERRY APPLESAUCE
- 345 HONEY SCOOTERS CEREAL
- 100 MILK

2407

- 124 JENNIE-O SMOKE HOUSE TURKEY BREAST STICK
- 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE
- 611 BABY CARROTS PACK
- 609 DOLE TROPICAL FRUIT CUP
- 332 WG APPLE CINNAMON MUFFIN
- 100 MILK

2405

- 242 CHICKEN, TURKEY HAM & TWO CHEESE WEDGE SANDWICH
- 631 100 % CHERRY STAR VEGETABLE JUICE
- 670 FRESH FRUIT
- 963 MUSTARD
- 100 MILK

2435

- 139 CHEDDAR CHEESE CUP
- 129 HONEY ROASTED SUNFLOWER KERNELS
- 620 RED GOLD SALSA CUP
- 670 FRESH FRUIT
- 941 TOSTITOS SCOOPS
- 100 MILK

2413

9/11/2023

- 137 PEACH YOGURT
- 130 SUNFLOWER KERNELS
- 632 100% WANGO MANGO VEGETABLE JUICE
- 696 RAISINS
- 922 BAGGED WG PREMIUM GRANOLA
- 100 MILK

2407

9/12/2023

- 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE
- 543 RED PEPPER HUMMUS
- 611 BABY CARROTS PACK
- 683 UNSWEETENED APPLESAUCE CUP
- 939 HEARTZELS PRETZELS
- 100 MILK

2402

9/13/2023

- 404 ITALIAN COMBO WRAP (cheese, Turkey Ham & Turkey Pepperoni, Turkey Salami on WG Tortilla)
- 631 CHERRY STAR VEGETABLE JUICE
- 670 FRESH FRUIT
- 963 MUSTARD
- 100 MILK

2415

9/14/2023

- 139 CHEDDAR CHEESE CUP
- 132 DRY ROASTED ORGANIC PUMPKIN SEEDS
- 708 ROMAINE & SPINACH SALAD W/CHICKPEAS
- 670 FRESH FRUIT
- 926 GARDEN SALSA SUNCHIPS
- 953 FRENCH DRESSING
- 100 MILK

2413

9/15/2023

- 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE
- 129 HONEY ROASTED SUNFLOWER KERNELS
- 633 SUNSET SIP VEGETABLE JUICE
- 684 MIXED BERRY APPLESAUCE CUP
- 344 BLUEBERRY CHEX CEREAL
- 100 MILK

2402

9/18/2023

- 236 TURKEY AND TWO CHEESE WEDEGE SANDWICH
- 633 100 % SUNSET SIP VEGETABLE JUICE
- 670 FRESH FRUIT
- 957M MAYONNAISE
- 100 MILK

2402

9/19/2023

- 139 CHEDDAR CHEESE CUP
- 129 HONEY ROASTED SUNFLOWER KERNELS
- 630 100% DRAGON PUNCH VEGETABLE JUICE
- 697 BAGGED APPLE SLICES
- 942 MULTIGRAIN SUNCHIPS
- 100 MILK

2407

9/20/2023

- 125 JENNIE-O SWEET BBQ TURKEY BREAST STICK
- 132 DRY ROASTED ORGANIC PUMPKIN SEEDS
- 611 BABY CARROTS PACK
- 608 DOLE TROPICAL FRUIT CUP
- 330 WG BLUEBERRY MUFFIN
- 100 MILK

2405

9/22/2023

- 133 STRAWBERRY BANANA YOGURT
- 130 SUNFLOWER KERNELS
- 631 100% CHERRY STAR VEGETABLE JUICE
- 670 FRESH FRUIT
- 346 CINNAMON TOAST CRUNCH CEREAL
- 100 MILK

2413

9/22/2023

- 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE
- 546 CHEESY PIZZA HUMMUS
- 611 BABY CARROTS PACK
- 683 UNSWEETENED APPLESAUCE CUP
- 941 TOSTITOS SCOOPS
- 100 MILK

2402

9/25/2023

- 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE
- 543 RED PEPPER HUMMUS
- 611 BABY CARROTS PACK
- 684 MIXED BERRY APPLESAUCE CUP
- 939 HEARTZELS PRETZELS
- 100 MILK

2402

9/26/2023

- 138 BLUEBERRY YOGURT
- 130 SUNFLOWER KERNELS
- 631 100% CHERRY STAR VEGETABLE JUICE
- 696 RAISINS
- 922 BAGGED WG PREMIUM GRANOLA
- 100 MILK

2407

9/27/2023

- 404 ITALIAN COMBO WRAP (cheese, Turkey Ham & Turkey Pepperoni, Turkey Salami on WG Tortilla)
- 611 BABY CARROTS PACK
- 670 FRESH FRUIT
- 963 MUSTARD
- 943 RANCH DRESSING
- 100 MILK

2435

9/28/2023

- 139 CHEDDAR CHEESE CUP
- 132 DRY ROASTED ORGANIC PUMPKIN SEEDS
- 620 RED GOLD SALSA CUP
- 697 BAGGED APPLE SLICES
- 941 TOSTITOS SCOOPS
- 100 MILK

2413

9/29/2023

- 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE
- 129 HONEY ROASTED SUNFLOWER KERNELS
- 631 100 % CHERRY STAR VEGETABLE JUICE
- 670 FRESH FRUIT
- 347 CINNAMON CHEX CEREAL
- 100 MILK

2402

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

MENU SUBJECT TO CHANGE

Milk Variety includes Skim White Milk, 1 % White Milk, Skim Chocolate Milk, Skim Strawberry Milk and Skim Lactose Free Milk
REMINDER: Water must be OFFERED every day! WG=WHOLE GRAIN

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 suppliers of the food item. To request product information, please call (215) 895-3470 during normal business hours.

