


SEPTEMBER 2023 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9/4/2023</p>  <p>No Deliveries</p>	<p>9/5/2023</p> <p>276 TERIYAKI CHICKEN WITH BROWN RICE AND CARROTS <i>or</i> 291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>	<p>9/6/2023</p> <p>295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT <i>or</i> 697 BAGGED APPLE SLICES 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>9/7/2023</p> <p>283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 100 WHITE MILK</p>	<p>9/8/2023</p> <p>235 WG CHEESE WAFFLE SANDWICH <i>or</i> 256 WG CHEESE STUFFED BREADSTICKS 506 CHOPPED ROMAINE SALAD <i>or</i> 622 RED GOLD MARINARA SAUCE CUP 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>
<p>9/11/2023</p> <p>280 BEEF PATTY WITH GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 914 WHEAT HAMBURGER BUN 100 WHITE MILK</p>	<p>9/12/2023</p> <p>282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES 670 FRESH FRUIT 100 WHITE MILK</p>	<p>9/13/2023</p> <p>288 WG MACARONI & CHEESE WITH BROCCOLI 608 DOLE TROPICAL FRUIT CUP <i>or</i> 670 FRESH FRUIT 100 WHITE MILK</p>	<p>9/14/2023</p> <p>285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 506 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESAUCE CUP 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>9/15/2023</p> <p>263 5" ROUND WG CHEESE PIZZA <i>or</i> 268 WG FRENCH BREAD CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK</p>
<p>9/18/2023</p> <p>287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK</p>	<p>9/19/2023</p> <p>296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>9/20/2023</p> <p>293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK</p>	<p>9/21/2023</p> <p>286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 506 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 100 WHITE MILK</p>	<p>9/22/2023</p> <p>283 WG CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD <i>or</i> 697 BAGGED APPLE SLICES 100 WHITE MILK</p>
<p>9/25/2023</p> <p>281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 100 WHITE MILK</p>	<p>9/26/2023</p> <p>286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK</p>	<p>9/27/2023</p> <p>285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 670 FRESH FRUIT 904 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK</p>	<p>9/28/2023</p> <p>264 4" X 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 506 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK</p>	<p>9/29/2023</p> <p>202 CHEESEBURGER ON WG BUN 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK</p>

MENU SUBJECT TO CHANGE

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

WG = WHOLE GRAIN-RICH

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

REMINDER: Water must be OFFERED every day!

Nutritional Development Services-Archdiocese of Philadelphia, 222 N. 17th St., Philadelphia, PA 19103 Phone: 215-895-3470