



OCTOBER 2023 SNACK MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10/2/2023		10/3/2023		10/4/2023		10/5/2023		10/6/2023	
933 TIGER BITE GRAHAMS 450 100% APPLE CHERRY JUICE		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 <i>OR</i> 450 100 % APPLE JUICE	
10/9/2023		10/10/2023		10/11/2023		10/12/2023		10/13/2023	
988 WG CINNAMON GRAHAM CRACKERS 442 100% ORANGE JUICE	COLUMBUS DAY	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 <i>OR</i> 450 100% APPLE CHERRY JUICE	
10/16/2023		10/17/2023		10/18/2023		10/19/2023		10/20/2023	
931 BUG BITE GRAHAMS 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 <i>OR</i> 442 100% ORANGE JUICE		936 WG VANILLA BEAR GRAHAMS 441 100% GRAPE JUICE	
10/23/2023		10/24/2023		10/25/2023		10/26/2023		10/27/2023	
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		987 STRAWBERRY GRAHAMS 138 BLUEBERRY YOGURT		938 WG SAVORY BITES WHEAT CRACKERS 117 WOW (SOY) BUTTER <i>OR</i> 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