

OCTOBER 2023 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/2/2023	10/3/2023	10/4/2023	10/5/2023	10/6/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 543 RED PEPPER HUMMUS - 126 LAND O LAKES CO-JACK CHEESE STICK - 924 HARVEST CHEDDAR SUNCHIPS				
242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH or SANDWICH ALTERNATE ITEMS 633 100% SUNSET SIP VEGETABLE JUICE 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP or SANDWICH ALTERNATE ITEMS 630 100% DRAGON PUNCH VEGETABLE JUICE or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	274 TOASTED CHEESE WG SANDWICH or SANDWICH ALTERNATE ITEMS 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	227 TURKEY HAM, TURKEY PEPPERONI & CHEESE WG WEDGE SANDWICH or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 138 BLUEBERRY YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 989 WG HONEY GRAHAM CRACKERS				
261 SOY BUTTER & JELLY WG SANDWICH or SANDWICH ALTERNATE ITEMS 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK INDIGENOUS PEOPLES DAY	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT or SANDWICH ALTERNATE ITEMS 633 100% SUNSET SIP VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH or SANDWICH ALTERNATE ITEMS 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 139 CHEDDAR CHEESE CUP - 130 SUNFLOWER KERNELS - 941 WG TOSTITOS SCOOPS				
236 TURKEY & TWO CHEESE WG WEDGE SANDWICH or SANDWICH ALTERNATE ITEMS 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH or SANDWICH ALTERNATE ITEMS 632 100% WANGO MANGO VEGETABLE JUICE or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP or SANDWICH ALTERNATE ITEMS 633 100% SUNSET SIP VEGETABLE JUICE 608 DOLE TROPICAL FRUIT CUP or 670 FRESH FRUIT 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	227 TURKEY HAM, TURKEY PEPPERONI & CHEESE WG WEDGE SANDWICH or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023
Weekly Sandwich Alternate (must order all items in place of sandwich): 133 STRAWBERRY BANANA YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 922 WG CINNAMON GRANOLA				
274 TOASTED CHEESE WG SANDWICH or SANDWICH ALTERNATE ITEMS 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH or SANDWICH ALTERNATE ITEMS 631 100% CHERRY STAR VEGETABLE JUICE or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH or SANDWICH ALTERNATE ITEMS 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT or SANDWICH ALTERNATE ITEMS 506 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK

MENU SUBJECT TO CHANGE

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!

WG = WHOLE GRAIN-RICH

Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470, option 2