

# OCTOBER 2023 CHILD CARE HOT LUNCH MENU

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

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>  | <b>THURSDAY</b>   | <b>FRIDAY</b>   |
|--|--|---|---|---|
| <b>10/2/2023</b>   | <b>10/3/2023</b>   | <b>10/4/2023</b>  | <b>10/5/2023</b>  | <b>10/6/2023</b>  |
| 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS<br>684 MIXED BERRY APPLESAUCE CUP<br>100 WHITE MILK   | 295 MEATLOAF & GRAVY WITH MASHED POTATOES<br>670 FRESH FRUIT<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK | 276 TERIYAKI CHICKEN WITH BROWN RICE AND CARROTS<br><i>or</i><br>291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS<br>683 UNSWEETENED APPLESAUCE CUP<br>100 WHITE MILK | 284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>670 FRESH FRUIT<br>100 WHITE MILK   | 255 WG PIZZA BOLI<br><i>or</i><br>256 WG CHEESE STUFFED BREADSTICKS<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>622 RED GOLD MARINARA SAUCE CUP<br>670 FRESH FRUIT<br>100 WHITE MILK |
| <b>10/9/2023</b>   | <b>10/10/2023</b>  | <b>10/11/2023</b>   | <b>10/12/2023</b>   | <b>10/13/2023</b>   |
| 283 WG CHICKEN TENDERS WITH CORN<br>683 UNSWEETENED APPLESAUCE CUP<br>100 WHITE MILK   | 280 BEEF PATTY WITH GREEN BEANS<br>670 FRESH FRUIT<br>914 WHEAT HAMBURGER BUN<br>100 WHITE MILK                | 288 WG MACARONI & CHEESE WITH BROCCOLI<br>670 FRESH FRUIT<br>100 WHITE MILK   | 282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>611 BABY CARROTS SNACK PACK<br>100 WHITE MILK  | 264 4" X 6" WG CHEESE PIZZA<br><i>or</i><br>268 WG FRENCH BREAD CHEESE PIZZA<br>506 CHOPPED ROMAINE SALAD<br>684 MIXED BERRY APPLESAUCE CUP<br>100 WHITE MILK                         |
| <b>INDIGENOUS PEOPLES DAY</b>  |  |   |   |   |
| <b>10/16/2023</b>  | <b>10/17/2023</b>  | <b>10/18/2023</b>   | <b>10/19/2023</b>   | <b>10/20/2023</b>   |
| 285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS<br>683 UNSWEETENED APPLESAUCE CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK | 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES<br>670 FRESH FRUIT<br>100 WHITE MILK                             | 283 WG CHICKEN TENDERS WITH CORN<br>608 DOLE TROPICAL FRUIT CUP<br><i>or</i><br>670 FRESH FRUIT<br>100 WHITE MILK   | 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>684 MIXED BERRY APPLESAUCE CUP<br>100 WHITE MILK                                 | 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>611 BABY CARROTS SNACK PACK<br>670 FRESH FRUIT<br>100 WHITE MILK                   |
| <b>10/23/2023</b>  | <b>10/24/2023</b>  | <b>10/25/2023</b>   | <b>10/26/2023</b>   | <b>10/27/2023</b>   |
| 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES<br>684 MIXED BERRY APPLESAUCE CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK           | 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS<br>670 FRESH FRUIT<br>100 WHITE MILK                                | 284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA<br>683 UNSWEETENED APPLESAUCE CUP<br>100 WHITE MILK  | 235 WG CHEESE WAFFLE SANDWICH<br><i>or</i><br>264 4" X 6" WG CHEESE PIZZA<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>611 BABY CARROTS SNACK PACK<br>670 FRESH FRUIT<br>100 WHITE MILK | 202 CHEESEBURGER ON WG BUN<br>506 CHOPPED ROMAINE SALAD<br><i>or</i><br>611 BABY CARROTS SNACK PACK<br>670 FRESH FRUIT<br>100 WHITE MILK  |

**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, option 2