







NOVEMBER 2023 COLD SUPPER MENU

MONDAY 10/30/2023	TUESDAY 10/31/2023	WEDNESDAY 11/1/2023	THURSDAY 11/2/2023	FRIDAY 11/3/2023
124 JENNIE O SMOKE HOUSE TURKEY BREAST STICK 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 611 BABY CARROTS PACK 670 FRESH FRUIT 331 CORN MUFFIN 943 RANCH DRESSING 100 MILK 2405	134 CHERRY VANILLA YOGURT 129 HONEY ROASTED SUNFLOWER KERNELS 696 RAISINS 633 SUNSET SIP VEGETABLE JUICE 343 RICE CHEX CEREAL 100 MILK  2407	126 COLBY JACK CHEESE STICK 543 RED PEPPER HUMMUS 621 CELERY STICKS 931 BUG BITES GRAHAMS 670 FRESH FRUIT 943 RANCH DRESSING 100 MILK ALL SAINTS DAY 8-Nov 2421	227 TURKEY HAM, TURKEY PEPPERONI & CHEESE ON SUB ROLL 705 DRAGON PUNCH VEGETABLE JUICE 645 DOLE PINEAPPLE CUP 100 MILK 2421	139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 620 RED GOLD SALSA CUP 697 BAGGED APPLES 941 TOSTITO SCOOPS 100 MILK  2413
11/6/2023 242 CHICKEN, TURKEY HAM & TWO CHEESE WEDGE SANDWICH 601 POTATO SALAD 683 UNSWEETENED APPLESAUCE CUP 100 MILK 2415	11/7/023 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 541 CHOCOLATE HUMMUS 631 CHERRY STAR VEGETABLE JUICE 697 BAGGED APPLES 932 SCOOPY SNACKS WGR 100 MILK ELECTION DAY 2402	11/8/2023 125 SWEET BBQ TURKEY BREAST STICK 126 COLBY JACK CHEESE STICK 648 STRAWBERRY GELLO CUP 611 BAGGED CARROTS 643 RANCH DRESSING 942 MULTIGRAIN SUN CHIPS 100 MILK 2405	11/9/2023 139 CHEDDAR CHEESE CUP 132 PUMPKIN SEEDS 670 FRESH FRUIT 941 TOSTITOS SCOOPS 708 ROMAINE AND SPINACH SALAD WITH CHICKPEAS 953 FRENCH DRESSING 100 MILK 2413	11/10/2023 137 PEACH YOGURT 130 SUNFLOWER KERNELS 632 WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 349 CORN CHEX CEREAL 100 MILK  2407
11/13/2023 126 COLBY-JACK CHEESE STICK 540 GARLIC HUMMUS 621 FRESH CELERY 670 FRESH FRUIT 933 TIGER BITE GRAHAMS 100 MILK  2402	11/14/2023 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	11/15/2023 124 JENNIE-O SMOKE HOUSE TURKEY BREAST STICK 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 611 BABY CARROTS PACK 670 FRESH FRUIT 332 WG APPLE CINNAMON MUFFIN 943 RANCH DRESSING 100 MILK 10-Nov 2405	11/16/2023 242 CHICKEN, TURKEY HAM & TWO CHEESE WEDGE SANDWICH 631 100 % CHERRY STAR VEGETABLE JUICE 609 DOLE MIXED FRUIT CUP 963 MUSTARD 100 MILK 2415	11/17/2023 139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 620 RED GOLD SALSA CUP 697 BAGGED APPLES 941 TOSTITOS SCOOPS 100 MILK 2413
11/20/2023 137 PEACH YOGURT 130 SUNFLOWER KERNELS 632 100% WANGO MANGO VEGETABLE JUICE 696 RAISINS 922 BAGGED WG PREMIUM GRANOLA 100 MILK 2407	11/21/2023 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	11/22/2023 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 129 HONEY ROASTED SUNFLOWER KERNELS 633 SUNSET SIP VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE 344 BLUEBERRY CHEX CEREAL 100 MILK 2405	11/23/2023 Thanksgiving Day  NO DELIVERIES	11/24/2023 139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 630 DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 941 TOSTITO SCOOPS 100 MILK NO DELIVERIES
11/27/2023 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 611 BAGGED CARROTS 696 RAISINS 939 HEARTZELS PRETZELS 100 MILK 2402	11/28/2023 138 BLUEBERRY YOGURT 130 SUNFLOWER KERNELS 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 922 BAGGED WG PREMIUM GRANOLA 100 MILK 2407	11/29/2023 238 CHICKEN, TURKEY PEPPERONI & CHEESE CROISSANT 621 CELERY STICK 684 MIXED BERRY APPLESAUCE 957 MAYO 943 RANCH DRESSING 100 MILK  2418	11/30/2023 139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 706 ROMAINE SALAD WITH CHERRY TOMATOES 670 FRESH FRUIT 924 HARVEST CHEDDAR SUNCHIPS 943 RANCH DRESSING 2418	12/1/2023 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 129 HONEY ROASTED SUNFLOWER KERNELS 632 WANGO MANGO VEGETABLE JUICE 697 BAGGED APPLE SLICES 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.