

# MARCH 2024 CHILD CARE COLD LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4/2024	3/5/2024	3/6/2024	3/7/2024	3/8/2024
<b>Weekly Sandwich Alternate (must order all items in place of sandwich): 138 BLUEBERRY YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 922 WG CINNAMON GRANOLA</b>				
<b>COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk</b>				
229 TURKEY HAM & CHEESE ON WG CROISSANT 634 RUBY RUSHER VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	227 TURKEY HAM, TURKEY PEPPERONI & CHEESE WG WEDGE SANDWICH 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	274 TOASTED CHEESE SANDWICH 606 CHOPPED ROMAINE SALAD 683 UNSWEETENED APPLESAUCE CUP <b>or</b> 697 BAGGED APPLE SLICES 100 WHITE MILK
3/11/2024	3/12/2024	3/13/2024	3/14/2024	3/15/2024
<b>Weekly Sandwich Alternate (must order all items in place of sandwich): 139 CHEDDAR CHEESE CUP - 130 SUNFLOWER KERNELS - 941 WG TOSTITOS SCOOPS</b>				
<b>COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk</b>				
228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 631 100% CHERRY STAR VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	227 TURKEY HAM, TURKEY PEPPERONI & CHEESE WG WEDGE SANDWICH 633 100% SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESAUCE CUP <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
3/18/2024	3/19/2024	3/20/2024	3/21/2024	3/22/2024
<b>Weekly Sandwich Alternate (must order all items in place of sandwich): 546 CHEESY PIZZA HUMMUS - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 924 HARVEST CHEDDAR SUNCHIPS</b>				
<b>COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk</b>				
229 TURKEY HAM & CHEESE ON WG CROISSANT 633 100% SUNSET SIP VEGETABLE JUICE <b>or</b> 611 BABY CARROTS SNACK PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 634 RUBY RUSHER VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	274 TOASTED CHEESE WG SANDWICH 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
3/25/2024	3/26/2024	3/27/2024	3/28/2024	3/29/2024
<b>Weekly Sandwich Alternate (must order all items in place of sandwich): 137 PEACH YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 989 WG HONEY GRAHAM CRACKERS</b>				
<b>COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk</b>				
404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 630 100% DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT 633 100% SUNSET SIP VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	227 TURKEY HAM, TURKEY PEPPERONI & CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 606 CHOPPED ROMAINE SALAD <b>or</b> 611 BABY CARROTS SNACK PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
			HOLY THURSDAY	GOOD FRIDAY

**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!

Healthy Grains! All items are 100% whole or whole grain rich products.

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

**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.