

MARCH 2024 CHILD CARE HOT LUNCH MENU

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/4/2024 296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	3/5/2024 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK	3/6/2024 293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	3/7/2024 283 WG CHICKEN TENDERS WITH CORN 606 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT <i>or</i> 682 BANANAS (requires approval to order) 100 WHITE MILK	3/8/2024 288 WG MACARONI & CHEESE WITH BROCCOLI 606 CHOPPED ROMAINE SALAD <i>or</i> 697 BAGGED APPLE SLICES 100 WHITE MILK
3/11/2024 295 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	3/12/2024 284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	3/13/2024 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 670 FRESH FRUIT 100 WHITE MILK	3/14/2024 200 HAMBURGER ON WG BUN <i>or</i> 201 CHEESEBURGER ON WG BUN 606 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	3/15/2024 264 4" X 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 606 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
3/18/2024 287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	3/19/2024 282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES 611 BABY CARROTS SNACK PACK <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	3/20/2024 285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 683 UNSWEETENED APPLESAUCE CUP 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	3/21/2024 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 606 CHOPPED ROMAINE SALAD <i>or</i> 682 BANANAS (requires approval to order) 100 WHITE MILK	3/22/2024 225 WG CIABATA CHEESE MELT <i>or</i> 210 CHEESE STUFFED BREADSTICKS 606 CHOPPED ROMAINE SALAD <i>or</i> 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT 100 WHITE MILK
3/25/2024 283 WG CHICKEN TENDERS WITH CORN 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	3/26/2024 280 BEEF PATTY WITH GREEN BEANS 670 FRESH FRUIT 918 WHEAT HAMBURGER BUN 100 WHITE MILK	3/27/2024 288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	3/28/2024 281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 606 CHOPPED ROMAINE SALAD <i>or</i> 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	3/29/2024 264 4" X 6" WG CHEESE PIZZA <i>or</i> 268 WG FRENCH BREAD CHEESE PIZZA 606 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
			HOLY THURSDAY	GOOD FRIDAY

MENU SUBJECT TO CHANGE

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

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

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

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.