



SEPTEMBER 2025 COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  2402	2 118 String Cheese 543 Red Pepper Hummus 611 Bagged Carrots 670 Fresh Fruit 939 Heartzel Pretzels 100 Milk 	3 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 633 Sunset Sip Vegetable Juice 697 Sliced Apples 963 Mustard 100 Milk 2412	4 139 Cheddar Cheese Cup 132 Pumpkin Seeds 706 Spinach with Tomatoes 670 Fresh Fruit 926 Garden Salsa Sun Chips 953 French Dressing 100 Milk  2413	5 126 Colby Jack Cheese 129 Honey Roasted Sunflower Kernels 634 Ruby Rusher Vegetable Juice 648 Strawberry Gel Cup 344 Blueberry Chex Cereal 100 Milk 2403
8 242 Chicken/tky Ham & Cheese Wedge Sandwich 630 Dragon Punch Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk  2415	9 139 Cheddar Cheese Cup 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk  2413	10 124 Smokehouse Turkey Breast Stick 118 String Cheese 634 Ruby Rusher Vegetable Juice 689 Strawberry Applesauce 931 Cinnamon Bug Bites 100 Milk 2405	11 133 Strawberry-Banana Yogurt 132 Pumpkin Seeds 631 Cherry Star Vegetable Juice 670 Fresh Fruit 346 Cinnamon Toast Crunch Cereal 100 Milk  2407	12 126 Colby Jack Cheese 546 Cheesy Pizza Hummus 611 Bagged Carrots 670 Fresh Fruit 941 Tostitos Scoops 100 Milk  2403
15 138 Blueberry Yogurt 130 Sunflower Kernels 632 Wango Mango Vegetable Juice 697 Sliced Apples 922 Granola With Cinnamon 100 Milk 2401	16 118 String Cheese 543 Red Pepper Hummus 941 Tostito Scoops 611 Bagged Carrots 696 Raisins 100 Milk  2402	17 233 Rotisserie Chicken & Mozzarella On Brioch Bun 633 Sunset Sip Vegetable Juice 684 Straw/Banana Applesauce 957 Mayonnaise 100 Milk  2419	18 139 Cheddar Cheese Cup 132 Pumpkin Seeds 708 Spinach With Chickpeas 670 Fresh Fruit 924 Harvest Cheddar Sun Chips 943 Ranch Dressing 100 Milk 2413	19 126 Colby Jack Cheese 129 Honey Roasted Sunflower Kernels 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 349 Corn Chex Cereal 100 Milk  2403
22 126 Colby Jack Cheese 540 Garlic Hummus 611 Bagged Carrots 670 Fresh Fruit 939 Heartzel Pretzels 100 Milk  2403	23 134 Cherry Vanilla Yogurt 129 Honey Roasted Sunflower Kernels 696 Raisins 634 Ruby Rusher Vegetable Juice 341 Honey Bunches Of Oats Crunch Cereal 100 Milk  2401	24 124 Smokehouse Turkey Breast Stick 118 String Cheese 621 Celery Sticks 621 Cinnamon Bug Bites - 670 Fresh Fruit 943 Ranch Dressing 100 Milk 2405	25 404 Italian Combo Wrap 630 Dragon Punch Vegetable Juice 645 Pineapple Cup 100 Milk  2416	26 139 Cheddar Cheese Cup 132 Pumpkin Seeds 620 Salsa Cup 697 Sliced Apples 941 Tostitos Scoops 100 Milk  2413

FIRST IN FIRST OUT: MEALS LEFT OVER TODAY WILL BE SERVED TOMORROW

Nutritional Development Services
 222 North 17th Street, Philadelphia, PA
 19103 Phone 215-895-3470 Opt. 4
 FAX: 215-895-0832
 email: afterschoolmeals@ndsarch.org

**ALL ITEMS ARE 100% WHOLE GRAIN OR WHOLE GRAIN RICH
 ALL PRODUCTS ARE PORK FREE**



MENU SUBJECT TO CHANGE

Milk Variety includes:
 Skim White Milk, 1 % White Milk, Skim Chocolate Milk,
 Skim Strawberry Milk & Skim Lactose Free Milk

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.