



OCTOBER 2025 COLD SUPPER MENU



| MONDAY 9/29 | TUESDAY 9/30 | WEDNESDAY 10/1 | THURSDAY 10/2 | FRIDAY 10/3 |
|---|--|--|---|--|
| 242 Chicken/tky Ham & Cheese Wedge Sandwich 611 Bagged Carrots 670 Fresh Fruit 943 Ranch Dressing 957 Mayonnaise 100 Milk 2415 | 133 Strawberry-Banana Yogurt 130 Sunflower Kernels 631 Cherry Star Vegetable Juice 670 Fresh Fruit 349 Corn Chex Cereal 100 Milk 2401 | 124 Smokehouse Turkey Breast Stick 118 String Cheese 649 Orange Gel Cup 620 Salsa Cup 941 Tostitos Scoops 100 Milk  2405 | 139 Cheddar Cheese Cup 129 Honey Roasted Sunflower Kernels 670 Fresh Fruit 942 Multigrain Sunchips 621 Celery Sticks 953 French Dressing 100 Milk 2413 | 126 Colby Jack Cheese 541 Chocolate Hummus 632 Wango Mango Vegetable Juice 697 Sliced Apples 932 Scooby Snacks Cinnamon 100 Milk 2403 |
| 118 String Cheese 540 Garlic Hummus 611 Bagged Carrots 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk  2402 | 136 Vanilla Yogurt 132 Pumpkin Seeds 633 Sunset Sip Vegetable Juice 684 Strawberry Banana Applesauce 345 Honey Scooters Cereal 100 Milk 2407 | 124 Smokehouse Turkey Breast Stick 126 Colby Jack Cheese. 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 936 Vanilla Bear Grahams 100 Milk 2405 | 233 Rotisserie Chicken & Mozzarella On Brioche Bun 706 Spinach W/tomatoes 648 Strawberry Gel Cup 943 Ranch Dressing 100 Milk  2419 | 139 Cheddar Cheese Cup 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 697 Sliced Apples 941 Tostitos Scoops 100 Milk 2413 |
| 137 Peach Yogurt 130 Sunflower Kernels 632 Wango Mango Vegetable Juice 688 Orange/Mango Applesauce 922 Granola W/ Cinnamon 100 Milk 2401 | 118 String Cheese 543 Red Pepper Hummus 611 Bagged Carrots 670 Fresh Fruit 939 Heartzel Pretzels 100 Milk  2402 | 227 Tky Ham, Tky Pepp & Cheese Sandwich 621 Celery Sticks 697 Sliced Apples 943 Ranch Dressing 963 Mustard 100 Milk 2412 | 139 Cheddar Cheese Cup 132 Pumpkin Seeds 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 926 Garden Salsa Sun Chips 100 Milk  2413 | 126 Colby Jack Cheese 129 Honey Roasted Sunflower Kernels 634 Ruby Rusher Vegetable Juice 649 Orange Gel Cup 344 Blueberry Chex Cereal 100 Milk 2403 |
| 242 Chicken/tky Ham & Cheese Wedge Sandwich 630 Dragon Punch Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk 2415 | 139 Cheddar Cheese Cup 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk  2413 | 124 Smokehouse Turkey Breast Stick 118 String Cheese 633 Sunset Sip Vegetable Juice 689 Strawberry Applesauce 931 Bug Bites - Cinnamon 100 Milk 2405 | 133 Strawberry-Banana Yogurt 132 Pumpkin Seeds 631 Cherry Star Vegetable Juice 670 Fresh Fruit 346 Cinnamon Toast Crunch Cereal 100 Milk 2407 | 126 Colby Jack Cheese 546 Cheesy Pizza Hummus 611 Bagged Carrots 654 Craisins-Raspberry Lemonade 941 Tostitos Scoops 100 Milk  2403 |
| 138 Blueberry Yogurt 130 Sunflower Kernels 630 Dragon Punch Vegetable Juice 697 Sliced Apples 922 Granola W/ Cinnamon 100 Milk  2401 | 118 String Cheese 543 Red Pepper Hummus 611 Bagged Carrots 696 Raisins 941 Tostitos Scoops 100 Milk 2402 | 236 Tky & Two Cheese Wedge Sandwich 631 Cherry Star Vegetable Juice 684 Strawberry Banana Applesauce 957 Mayonnaise 100 Milk  2430 | 139 Cheddar Cheese 132 Pumpkin Seeds 708 Spinach W/Chickpeas 670 Fresh Fruit 924 Harvest Cheddar Sunchips 943 Ranch Dressing 100 Milk 2413 | 126 Colby Jack Cheese 129 Honey Roasted Sunflower Kernels 632 Wango Mango Vegetable Juice 645 Pineapple Cup 349 Corn Chex Cereal 100 Milk 2403 |

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

Nutritional Development Services
 222 North 17th St., 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.