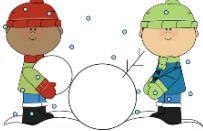







JANUARY 2026 COLD SUPPER MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| 12 137 Peach Yogurt 130 Sunflower Kernels 634 Ruby Rusher Vegetable Juice 689 Strawberry Applesauce 922 Cinnamon Granola 100 Milk 2401 | 13 118 String Cheese 543 Red Pepper Hummus 611 Bagged Carrots 670 Fresh Fruit 939 Hartzel Pretzels 100 Milk 2402 | 14 227 Tky Ham, Tky Pepp & Cheese 621 Celery Sticks 697 Sliced Apples 943 Ranch Dressing 963 Mustard 100 Milk  2412 | 15 139 Cheddar Cheese Cup 132 Pumpkin Seeds 631 Cherry Star Vegetable Juice 670 Fresh Fruit 926 Garden Salsa Sun Chips 100 Milk 2413 | 16 126 Colby Jack Cheese 129 Honey Roasted Sunflower Kernels 630 Dragon Punch Vegetable Juice 649 Orange Gel Cup 344 Blueberry Chex Cereal 100 Milk  2403 |
| 19 242 Chicken/Turkey Ham & Cheese Wedge Sandwich 634 Ruby Rusher Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk  2415 | 20 139 Cheddar Cheese Cup 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk 2413 | 21 124 Smokehouse Turkey Breast Stick 118 String Cheese 633 Sunset Sip Vegetable Juice 684 Strawberry Banana Applesauce 931 Bug Bites Cinnamon 100 Milk  2405 | 22 133 Strawberry-Banana Yogurt 132 Pumpkin Seeds 632 Wango Mango Vegetable Juice 670 Fresh Fruit 346 Cinnamon Toast Crunch Cereal 100 Milk 2407 | 23 126 Colby Jack Cheese 140 Fiesta Bean Dip 611 Bagged Carrots 641 Tropical Raisels 941 Tostitos Scoops 100 Milk  2403 |
| 26 138 Blueberry Yogurt 130 Sunflower Kernels 630 Dragon Punch Vegetable Juice 697 Sliced Apples 922 Cinnamon Granola 100 Milk 2401 | 27 118 String Cheese 543 Red Pepper Hummus 611 Bagged Carrots 670 Fresh Fruit 941 Tostitos Scoops 100 Milk 2402 | 28 236 Tky & Two Cheese Wedge Sandwich 631 Cherry Star Vegetable Juice 957 Mayonnaise 100 Milk  2430 | 29 139 Cheddar Cheese Cup 132 Pumpkin Seeds 708 Spinach Salad with Chickpeas 670 Fresh Fruit 924 Harvest Cheddar Sun Chips 943 Ranch Dressing 100 Milk 2413 | 30 126 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.