



# OCTOBER 2023 AFTER SCHOOL COLD SUPPER MENU



MONDAY 10/2/2023		TUESDAY 10/3/2023		WEDNESDAY 10/4/2023		THURSDAY 10/5/2023		FRIDAY 10/6/2023	
126 COLBY-JACK CHEESE STICK 540 GARLIC HUMMUS 611 BAGGED CARROTS 670 FRESH FRUIT 933 TIGER BITE GRAHAMS 100 MILK  2402	136 VANILLA YOGURT 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 630 100% DRAGON PUNCH VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE 345 HONEY SCOOTERS CEREAL 100 MILK 2407	124 JENNIE-O SMOKE HOUSE TURKEY BREAD STICK 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 611 BABY CARROTS PACK 670 FRESH FRUIT 332 WG APPLE CINNAMON MUFFIN 100 MILK 2405	242 CHICKEN, TURKEY HAM & TWO CHEESE WEDGE SANDWICH 631 100 % CHERRY STAR VEGETABLE JUICE 609 DOLE MIXED FRUIT CUP 963 MUSTARD 100 MILK 2415	139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 620 RED GOLD SALSA CUP 697 BAGGED APPLES 941 TOSTITOS SCOOPS 100 MILK  2413					
10/9/2023	10/10/2023	10/11/2023	10/12/2023	10/13/2023					
137 PEACH YOGURT 130 SUNFLOWER KERNELS 632 100% WANGO MANGO VEGETABLE JUICE 696 RAISINS 922 BAGGED WG PREMIUM GRANOLA 100 MILK 2407	118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 611 BABY CARROTS PACK 683 UNSWEETENED APPLESAUCE CUP 939 HEARTZELS PRETZELS 100 MILK  2402	404 ITALIAN COMBO WRAP (cheese, Turkey Ham & Turkey Pepperoni, Turkey Salami on WG Tortilla) 633 SUNSET SUP VEGETABLE JUICE 697 BAGGED APPLES 963 MUSTARD 100 MILK 2435	139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 708 ROMAINE & SPINACH SALAD W/CHICKPEAS 670 FRESH FRUIT 926 GARDEN SALSA SUNCHIPS 953 FRENCH DRESSING 100 MILK 2413	118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 129 HONEY ROASTED SUNFLOWER KERNELS 611 BAGGED CARROTS 684 MIXED BERRY APPLESAUCE CUP 344 BLUEBERRY CHEX CEREAL 100 MILK  2402					
10/16/2023	10/17/2023	10/18/2023	10/19/2023	10/20/2023					
236 TURKEY AND TWO CHEESE WEDEGE SANDWICH 633 100 % SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 957 MAYONNAISE 100 MILK  2430	139 CHEDDAR CHEESE CUP 129 HONEY ROASTED SUNFLOWER KERNELS 620 RED GOLD SALSA CUP 697 BAGGED APPLE SLICES 942 MULTIGRAIN SUNCHIPS 100 MILK 2413	125 JENNIE-O SWEET BBQ TURKEY BREAD STICK 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 611 BAGGED CARROTS 608 DOLE TROPICAL FRUIT CUP 330 WG BLUEBERRY MUFFIN 100 MILK 2405	133 STRAWBERRY BANANA YOGURT 130 SUNFLOWER KERNELS 630 DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 346 CINNAMON TOAST CRUNCH CEREAL 100 MILK 2407	118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 546 CHEESY PIZZA HUMMUS 611 BAGGED CARROTS 683 UNSWEETENED APPLESAUCE CUP 941 TOSTITOS SCOOPS 100 MILK  2402					
10/23/2023	10/24/2023	10/25/2023	10/26/2023	10/27/2023					
118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 543 RED PEPPER HUMMUS 611 BAGGED CARROTS 696 RAISINS 939 HEARTZELS PRETZELS 100 MILK  2402	138 BLUEBERRY YOGURT 130 SUNFLOWER KERNELS 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 922 BAGGED WG PREMIUM GRANOLA 100 MILK 2407	238 CHICKEN, TURKEY PEPPERONI & CHEESE CROISSANT 611 BABY CARROTS PACK 684 MIXED BERRY APPLESAUCE 957 MAYO 943 RANCH DRESSING 100 MILK  2418	139 CHEDDAR CHEESE CUP 132 DRY ROASTED ORGANIC PUMPKIN SEEDS 706 ROMAINE SALAD WITH CHERRY TOMATOES 670 FRESH FRUIT 924 HARVEST CHEDDAR SUNCHIPS 943 RANCH DRESSING 100 MILK 2413	118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE 129 HONEY ROASTED SUNFLOWER KERNELS WANGO MANGO VEGETABLE JUICE 697 BAGGED APPLE SLICES 347 CINNAMON CHEX CEREAL 100 MILK  2402					

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

Nutritional Development Services - Archdiocese of Philadelphia  
222 North 17th Street, Philadelphia, PA 19103  
Phone: 215-895-3470, OPTION 4 - FAX: 215-895-0832

Milk Variety includes Skim White Milk, 1 % White Milk, Skim Chocolate Milk, Skim Strawberry Milk and Skim Lactose Free Milk  
**REMINDER: Water must be OFFERED every day! WG=WHOLE GRAIN**

**MENU SUBJECT TO CHANGE**

**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.