

OCTOBER 2023 HOT SUPPER

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

10/2/2023 10/3/2023 10/3/2023 10/3/2023 288 MACARONI & CHEESE WITH BROCCOLI FRESH FRUT 215 TACO STICK 620 216 TACO STICK 620 216 CHEESEBURGER ON BUN 630 268 FRENCH BREAD PIZZA 506 670 FRESH FRUT 10/10/2023 201 CHEESEBURGER ON BUN 611 637 BAGGED APPLE SLICES 109/2025 109/2025 10/10/2023 10/10/2023 10/11/2023 10/11/2023 74 TOASTED CHEESES SANDWICH 611 255 MALLOAF WITH GRAVY 8 MASHED POTATOES 260 POPCORN CHICKEN WITH 840 271 CHEESEBURGER CALZONE 715 670 FRESH FRUT 205 MALLOAF WITH GRAVY 8 MASHED POTATOES 271 CHEESEBURGER CALZONE 715 715 670 FRESH FRUT 205 MALK 271 CHEESEBURGER CALZONE 715 715 670 FRESH FRUT 261 BAGGED SLICED APPLES 715 MEXICAN STREET CORN 715 710 MILK 710 MILK 710 MILK 710 710 MILK 710 TOTATOES 710 710 710 MILK 710 TACO STICK 710 710 710 MILK 710 TOTATOES 710 710 710 MILK	FRIDAY	THURSDAY	WEDNESDAY	TUESDAY	MONDAY
670 FRESH FRUIT 500 CHOPPED ROMAINE SALAD 100 MILK 500 MILK 500 CHOPPED ROMAINE SALAD 274 TOASTED CHEESE SANDWICH 29 10/10/2023 10/11/2023 10/11/2023 274 TOASTED CHEESE SANDWICH 29 MEATLOAF WITH GRAVY & MASHED POTATOES 22 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 27 CHEESEBURGER CALZONE 700 MILK 295 MEATLOAF WITH GRAVY & MASHED POTATOES 22 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 27 CHEESEBURGER CALZONE 700 MILK 295 MEATLOAF WITH GRAVY & MASHED POTATOES 225 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 27 CHEESEBURGER CALZONE 700 MILK 294 WHEAT BREAD 295 MARKED POTATOES 27 CHEESE CHICKEN 700 MILK 204 WHEAT BREAD 20 MALK 20 POPCORN CHICKEN WITH PONA 26 FRENCH BREAD PIZZA 700 MILK 204 WHEAT BREAD 204 CHICKEN ALAPERDO WITH PENNE 265 FRENCH BREAD PIZZA 700 MILK 204 SALSA CUP	10/6/2023	10/5/2023	10/4/2023	10/3/2023	10/2/2023
274 TOASTED CHEESE SANDWICH BAGGED CARROTS 295 MEATLOAF WITH GRAVY & MASHED POTATOES 282 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 271 CHEESEBURGER CALZONE 670 FRESH FRUIT 904 WHEAT BREAD 100 MILK 697 BAGGED SLICED APPLES 715 MEXICAN STREET CORN 100 MILK 904 WHEAT BREAD 100 MILK 697 BAGGED SLICED APPLES 715 MEXICAN STREET CORN 281 POPCORN CHICKEN WITH ROASTED POTATOES 907 NMLK 904 WHEAT BREAD 100 MILK 670 FRESH FRUIT 100 MILK 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 MILK 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 MILK 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 680 UNSWETENED APPLES 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 681 UNSWETENED APPLES 506 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 681 UNSWETENED APPLES 506 CHOPPED ROMAINE SALAD 506 CHOPPED ROMAINE SALAD 506 SAUAD 506 CHOPPED	 283 CHICKEN TENDERS WITH CORN 506 CHOPPED ROMAINE SALAD OR 611 BAGGED CARROTS PACK 100 MILK 	506 CHOPPED ROMAINE SALAD 697 BAGGED APPLE SLICES 100 MILK	611 BAGGED CARROTS 670 FRESH FRUIT	620 SALSA CUP 683 UNSWEETENED APPLESAUCE CUP	670 FRESH FRUIT
611 BAGGED CARROTS 649 MASHED POTATOES 670 FRESH FRUIT 649 ORANGE GELLO BOWL 649 BAGGED SLICED APPLES 00 MILK 00 00 MILK 00 00 MILK 00 00 MILK 00 00 00 00 00 00 00 00 00 00 00 00 00	10/13/2023				
COLUMBUS DAY100MILK500FRESH FRUIT101/16/2023101/16/2023101/16/2023101/19/2023281POPCORN CHICKEN WITH ROASTED POTATOES221TWO CHEESE CHICKEN QUESADILLA 620284CHICKEN ALFREDO WITH PENNE AND BROCCOLI268FRENCH BREAD PIZZA CHOPPED ROMAINE SALAD 670670FRESH FRUIT 100MILK501FRESH FRUIT MILK268FRENCH BREAD PIZZA CHOPPED ROMAINE SALAD UNSWEETENED APPLE SLICES70FRESH FRUIT 100MILK27010/24/202310/25/202310/25/20237010/23/202310/24/202310/24/202310/25/202310/26/202370FRESH FRUIT ROASTED SWEET POTATOES 697525CIABATTA CHEESE MELT ROASTED SWEET POTATOES 621282BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 621200HAMBURGER ON BUN MILK904WHEAT BREAD100MILK100MILK610MILK	264 4x 6 CHEESE PIZZA 506 CHOPPED ROMAINE SALAD OR	715 MEXICAN STREET CORN	SWEET MASHED POTATOES	MASHED POTATOES	611 BAGGED CARROTS
COLUMBUS DAY10/16/202310/18/202310/18/2023281POPCORN CHICKEN WITH ROASTED POTATOES FRESH FRUIT221TWO CHEESE CHICKEN QUESADILLA SALSA CUP BAGGED APPLE SLICES28410/18/2023208FRENCH BREAD PIZZA SALSA CUP BAGGED APPLE SLICES670FRESH FRUIT MILK201211TWO CHEESE CHICKEN QUESADILLA SALSA CUP BAGGED APPLE SLICES284CHICKEN ALFREDO WITH PENNE AND BROCCOLI268FRENCH BREAD PIZZA SHAUD BROCCOLI670FRESH FRUIT MILK201AMAD MILK201FRESH FRUIT MILK20110/23/202310/24/202310/24/202310/25/202310/26/2023288TURKEY CHILI WITH TALIAN VEGETABLES 697225CIABATTA CHEESE MELT ROASTED SWEET POTATOES 621282BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 621200HAMBURGER ON BUN CHOPPED ROMAINE SALAD 621904WHEAT BREAD100MILK100MILK200HAMBURGER ON BUN CHOPPED ROMAINE SALAD 621	697 BAGGED CARROTS PACK	506 CHOPPED ROMAINE SALAD	100 MILK	904 WHEAT BREAD	100 MILK
10/16/2023 221 TWO CHEESE CHICKEN 284 10/18/20233 268 FRENCH BREAD PIZZA 281 POPCORN CHICKEN WITH ROASTED POTATOES 221 TWO CHEESE CHICKEN QUESADILLA 284 CHICKEN ALFREDO WITH PENNE AND BROCCOLI 268 FRENCH BREAD PIZZA 670 FRESH FRUIT 620 SALSA CUP 637 BAGGED APPLE SLICES 600 FRESH FRUIT 683 UNSWEETENED APPLESAUCE 100 MILK 100 MILK 100 MILK 100 MILK 100 MILK 298 TURKEY CHILI WITH ITALIAN VEGETABLES 225 CIABATTA CHEESE MELT 282 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 10/26/2023 10/26/2023 697 BAGGED SLICED APPLES 716 ROASTED SWEET POTATOES 621 CELERY STICKS 200 HAMBURGER ON BUN 694 WHEAT BREAD 100 MILK 100 MILK 100 MILK 100	684 MIXED BERRY APPLESAUCE	670 FRESH FRUIT		100 MILK	
281POPCORN CHICKEN WITH ROASTED POTATOES FRESH FRUIT221TWO CHEESE CHICKEN QUESADILLA SALSA CUP 697284CHICKEN ALFREDO WITH PENNE AND BROCCOLI FRESH FRUIT268FRENCH BREAD PIZZA CHOPPED ROMAINE SALAD UNSWEETENED APPLESAUCE100MILK670FRESH FRUIT MILK670FRESH FRUIT MILK621621621CLERY STICKS MILK684MIXED BERRY APPLESAUCE CUP MILK904WHEAT BREAD100MILK100MILK100MILK684MIXED BERRY APPLESAUCE CUP	100 MILK	100 MILK			COLUMBUS DAY
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670 100FRESH FRUIT MILK620 BAGGED APPLE SLICES MILK670 BAGGED APPLE SLICES MILK670 FRESH FRUIT MILK683 MILKUNSWEETENED APPLESAUCE MILK29810/23/202310/24/202310/24/202310/25/202310/26/202329810/23/202310/24/20232510/24/202310/25/202310/26/2023298TURKEY CHILI WITH ITALIAN VEGETABLES BAGGED SLICED APPLES225CIABATTA CHEESE MELT ROASTED SWEET POTATOES F716 ROASTED SWEET POTATOES FRESH FRUIT 100282 SWEET MASHED POTATOES SUBET MASHED POTATOES 621 CELERY STICKS200 SWEET MASHED POTATOES 626HAMBURGER ON BUN SWEET MASHED POTATOES 621 CELERY STICKSHAMBURGER ON BUN SWEET MASHED POTATOES 621 CELERY STICKS100 MILKMIXED BERRY APPLESAUCE CUP					
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10/23/2023 10/24/2023 10/24/2023 10/25/2023 10/26/2023 298 TURKEY CHILI WITH ITALIAN VEGETABLES 225 CIABATTA CHEESE MELT TALIAN VEGETABLES 225 CIABATTA CHEESE MELT TA CHEESE MELT 282 BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES 200 HAMBURGER ON BUN CHOPPED ROMAINE SALAD 697 BAGGED SLICED APPLES 716 ROASTED SWEET POTATOES 621 CELERY STICKS 684 MIXED BERRY APPLESAUCE CUP 904 WHEAT BREAD 100 MILK 100 MILK MILK 100	611 BABY CARROTS PACK				
298TURKEY CHILI WITH225CIABATTA CHEESE MELT282BBQ POPCORN CHICKEN WITH200HAMBURGER ON BUNITALIAN VEGETABLES716ROASTED SWEET POTATOES506CHOPPED ROMAINE SALAD697BAGGED SLICED APPLES670FRESH FRUIT621CELERY STICKS684MIXED BERRY APPLESAUCE CUP904WHEAT BREAD100MILK100MILK100MILK100	609 DOLE MIXED FRUIT CUP			100 MILK	
ITALIAN VEGETABLES 716 ROASTED SWEET POTATOES SWEET MASHED POTATOES 506 CHOPPED ROMAINE SALAD 697 BAGGED SLICED APPLES 670 FRESH FRUIT 621 CELERY STICKS 684 MIXED BERRY APPLESAUCE CUP 904 WHEAT BREAD 100 MILK 100 MILK 100 MILK	10/27/2023	10/26/2023	10/25/2023	10/24/2023	10/23/2023
697 BAGGED SLICED APPLES 670 FRESH FRUIT 621 CELERY STICKS 684 MIXED BERRY APPLESAUCE CUP 904 WHEAT BREAD 100 MILK 100 MILK 100	255 PIZZA BOLI				
904 WHEAT BREAD 100 MILK 100 MILK 100 MILK	506 CHOPPED ROMAINE SALAD				
	OR 611 BABY CARROTS PACK				
	670 FRESH FRUIT 100 MILK				

Nutritional Development Services - Archdiocese of Philadelphia

Milk Variety includes Skim White Milk, Skim Chocolate Milk, Skim Strawberry Milk and Skim Lactose Free Mik

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REMINDER: Water must be OFFERED every day! WG = WHOLE GRAIN-RICH