


JULY 2024 CHILD CARE COLD LUNCH MENU

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

MONDAY				
7/1/2024	TUESDAY 7/2/2024	WEDNESDAY 7/3/2024	THURSDAY 7/4/2024	FRIDAY 7/5/2024
Weekly Sandwich Alternate (must order all items in place of sandwich): 546 CHEEZY PIZZA HUMMUS - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 924 HARVEST CHEDDAR SUNCHIPS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
230 OVEN ROASTED TURKEY & MOZZARELLA ON FLATBREAD 633 100% SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 630 100% DRAGON PUNCH VEGETABLE JUICE 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	274 TOASTED CHEESE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	 NO DELIVERIES 7/11/2024	234 TURKEY HAM & TWO CHEESE ON WG BRIOCHE BUN 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT or 640 ORANGE GELLO BOWL 100 WHITE MILK
Weekly Sandwich Alternate (must order all items in place of sandwich): 137 PEACH YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 989 WG HONEY GRAHAM CRACKERS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
227 TURKEY HAM, TURKEY PEPPERONI & CHEESE ON WG SUB 634 100% RUBY RUSHER VEGETABLE JUICE 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 633 100% SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 630 100% DRAGON PUNCH VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
Weekly Sandwich Alternate (must order all items in place of sandwich): 139 CHEDDAR CHEESE CUP - 130 SUNFLOWER KERNELS - 941 WG TOSTITOS SCOOPS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
274 TOASTED CHEESE WG SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	233 ROTISSERIE CHICKEN & MOZZARELLA ON WG BRIOCHE BUN 633 100% SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	228 TURKEY HAM & CHEESE ON WG SUB SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	232 BUFFALO CHICKEN BREAST & CHEDDAR ON WG BRIOCHE BUN 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 648 STRAWBERRY GELLO BOWL 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
Weekly Sandwich Alternate (must order all items in place of sandwich): 546 CHEEZY PIZZA HUMMUS - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 924 HARVEST CHEDDAR SUNCHIPS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
230 OVEN ROASTED TURKEY & MOZZARELLA ON WG FLATBREAD 633 100% SUNSET SIP VEGETABLE JUICE 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 631 100% CHERRY STAR VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	274 TOASTED CHEESE WG SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	234 TURKEY HAM & TWO CHEESE ON WG BRIOCHE BUN 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
Weekly Sandwich Alternate (must order all items in place of sandwich): 136 VANILLA YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 922 WG CINNAMON GRANOLA				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
227 TURKEY HAM, TURKEY PEPPERONI & CHEESE ON WG SUB 634 100% RUBY RUSHER VEGETABLE JUICE 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 632 100% WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 630 100% DRAGON PUNCH VEGETABLE JUICE 607 DOLE DICED MANGO CUP 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK

MENU SUBJECT TO CHANGE

REMINDER: Water must be OFFERED every day! **Healthy Grains! All items are 100% whole or whole grain rich products.**
 Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.
 CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.

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.