


# JULY 2024 CHILD CARE HOT 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
283 WG CHICKEN TENDERS WITH CORN 670 FRESH FRUIT 100 WHITE MILK	280 BEEF PATTY WITH GREEN BEANS 645 DOLE PINEAPPLE TIDBITS CUP 918 WHEAT HAMBURGER BUN 100 WHITE MILK	288 WG MACARONI & CHEESE WITH BROCCOLI 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	 <b>NO DELIVERIES</b> 7/4/2024	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT <i>or</i> 649 ORANGE GELLO BOWL 100 WHITE MILK
7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	206 WG FRENCH TOAST WITH TURKEY SAUSAGE 623 TATER TOTS 670 FRESH FRUIT 100 WHITE MILK	276 TERIYAKI CHICKEN WITH BROWN RICE AND CARROTS <i>or</i> 291 GRILLED CHICKEN WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 606 CHOPPED ROMAINE SALAD <i>or</i> 670 FRESH FRUIT 605 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	264 4" X 6" WG CHEESE PIZZA <i>or</i> 263 5" ROUND WG CHEESE PIZZA 606 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK
7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
282 WG BBQ POPCORN CHICKEN WITH MASHED SWEET POTATOES 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK	265 MEATLOAF & GRAVY WITH MASHED POTATOES 670 FRESH FRUIT 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	283 WG CHICKEN TENDERS WITH CORN 606 CHOPPED ROMAINE SALAD <i>or</i> 648 STRAWBERRY GELLO BOWL 100 WHITE MILK	201 CHEESEBURGER PATTY <i>or</i> 292 TURKEY HOT DOG ON WG BUN 606 CHOPPED ROMAINE SALAD <i>or</i> 603 BAKED BEANS 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK
7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
204 WG CHICKEN NUGGETS 603 GREEN BEANS 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES 608 DOLE TROPICAL FRUIT CUP <i>or</i> 670 FRESH FRUIT 100 WHITE MILK	286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 606 CHOPPED ROMAINE SALAD <i>or</i> 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	225 WG CIABATTA GRILLED CHEESE SANDWICH <i>or</i> 256 WG CHEESE STUFFED BREADSTICKS 606 CHOPPED ROMAINE SALAD <i>or</i> 622 MARINARA SAUCE CUP 670 FRESH FRUIT 100 WHITE MILK
7/29/2024	7/30/2024	7/31/2024	8/1/2024	8/2/2024
296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES 683 UNSWEETENED APPLESAUCE CUP 905 1/2 SLICE WHEAT BREAD+++ 100 WHITE MILK	293 WG CHICKEN PARMIGIANA WITH GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	206 WG FRENCH TOAST WITH TURKEY SAUSAGE 623 TATER TOTS 607 DOLE DICED MANGO CUP 100 WHITE MILK	284 4" X 6" WG CHEESE PIZZA <i>or</i> 255 WG PIZZA BOLI 606 CHOPPED ROMAINE SALAD <i>or</i> 611 BABY CARROTS SNACK PACK 670 FRESH FRUIT 100 WHITE MILK	287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES 606 CHOPPED ROMAINE SALAD <i>or</i> 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.

+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD

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.