



# DECEMBER 2024 COLD SUPPER MENU



Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b> 137 Peach Yogurt 130 Sunflower Kernels 632 Wango Mango Vegetable Juice 689 Strawberry Applesauce 922 Granola W/ Cinnamon 100 Milk	<b>3</b> 118 String Cheese 543 Red Pepper Hummus 611 Bagged Baby Carrots 645 Pineapple Cup 928 Pretzel Goldfish 100 Milk	<b>4</b> 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 633 Sunset Sip Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk	<b>5</b> 139 Cheddar Cheese Cups 132 Pumpkin Seeds 706 Spinach W/Tomatoes 670 Fresh Fruit 926 Garden Salsa Sun Chips 953 French Dressing 100 Milk	<b>6</b> 118 String Cheese 129 Honey Roasted Sunflower Kernels 634 Ruby Rusher Vegetable Juice 656 Craisins- Original 344 Blueberry Chex Cereal 100 Milk	
<b>9</b> 242 Chicken/Turkey Ham & Cheese Wedge Sandwich 630 Dragon Punch Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk	<b>10</b> 139 Cheddar Cheese Cups 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 670 Fresh Fruit 942 Multigrain Sun Chips 100 Milk	<b>11</b> 124 Smokehouse Turkey Breast Stick 118 String Cheese 631 Cherry Star Vegetable Juice 670 Fresh Fruit 931 Bug Bites - Cinnamon 100 Milk	<b>12</b> 133 Strawberry-Banana Yogurt 130 Sunflower Kernels 621 Celery Sticks 670 Fresh Fruit 346 Cinnamon Toast Crunch 943 Ranch Dressing 100 Milk	<b>13</b> 118 String Cheese 543 Red Pepper Hummus 611 Bagged Baby Carrots 688 Orange/Mango Applesauce 941 Tostitos Scoops 100 Milk	
<b>16</b> 118 String Cheese 543 Red Pepper Hummus 611 Bagged Baby Carrots 696 Raisins 939 Heartzel Pretzels 100 Milk 	<b>17</b> 138 Blueberry Yogurt 130 Sunflower Kernels 632 Wango Mango Vegetable Juice 670 Fresh Fruit 349 Corn Chex Cereal 100 Milk	<b>18</b> 233 Rotisserie Chicken w/Mozzarella On Brioche Bun 633 Sunset Sip Vegetable Juice 684 Strawberry Banana Applesauce 957 Mayonnaise 100 Milk	<b>19</b> 139 Cheddar Cheese Cups 132 Pumpkin Seeds 543 Red Pepper Hummus 649 Orange Gel Cup 924 Harvest Cheddar Sun Chips 100 Milk	<b>20</b> 118 String Cheese 129 Honey Roasted Sunflower Kernels 691 Strawberry Apple Crisp 620 Salsa Cup 941 Tostitos Scoops 100 Milk 	
<b>23</b> 133 Strawberry-Banana Yogurt 130 Sunflower Kernels 543 Red Pepper Hummus 684 Strawberry Banana Applesauce 924 Harvest Cheddar Sun Chips 100 Milk	<b>24</b> 		<b>25</b> 118 String Cheese 132 Pumpkin Seeds 634 Ruby Rusher Vegetable Juice 656 Craisins- Original 344 Blueberry Chex Cereal 100 Milk	<b>26</b> 242 Chicken/Turkey Ham & Cheese Wedge Sandwich 631 Cherry Star Vegetable Juice 670 Fresh Fruit 100 Milk	
<b>30</b> 404 Italian Combo Wrap 631 Cherry Star Vegetable Juice 683 Unsweetened Applesauce Cup 100 Milk	<b>31</b> 236 Turkey & Two Cheese Wedge Sandwich 611 Bagged Baby Carrots 670 Fresh Fruit 943 Ranch Dressing 100 Milk	<b>January 1, 2025</b> 		<b>2</b> 118 String Cheese 129 Honey Roasted Sunflower Kernels 646 Peach Cup 620 Salsa Cup 941 Tostitos Scoops 100 Milk	<b>3</b> 139 Cheddar Cheese Cups 132 Pumpkin Seeds 630 Dragon Punch Vegetable Juice 645 Pineapple Cup 939 Heartzel Pretzels 100 Milk
<b>6</b> 118 String Cheese 129 Honey Roasted Sunflower Kernels 540 Garlic Hummus 689 Strawberry Applesauce 942 Multigrain Sun Chips 100 Milk	<b>7</b> 132 Pumpkin Seeds 139 Cheddar Cheese Cup 620 Salsa Cup 684 Strawberry Banana Applesauce 941 Tostitos Scoops 100 Milk	<b>8</b> 124 Smokehouse Turkey Breast Stick 118 String Cheese 611 Bagged Baby Carrots 670 Fresh Fruit 331 Corn Muffin 943 Ranch Dressing 100 Milk	<b>9</b> 404 Italian Combo Wrap 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 927 Cheddar Goldfish 100 Milk	<b>10</b> 136 Vanilla Yogurt 132 Pumpkin Seeds 631 Cherry Star Vegetable Juice 670 Fresh Fruit 345 Honey Scooters Cereal 100 Milk	

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

All items are 100% whole or whole grain rich products

**Nutritional Development Services**  
 222 North 17<sup>th</sup> Street, Philadelphia, PA 19103  
 Phone 215-895-3470 Opt. 4  
 FAX: 215-895-0832  
 email: [afterschoolmeals@ndsarch.org](mailto:afterschoolmeals@ndsarch.org)

## 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 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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.