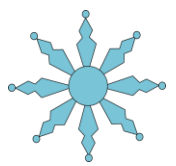




JANUARY 2025 COLD SUPPER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
13 118 String Cheese 540 Garlic Hummus 611 Bagged Carrots 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk  2402	14 136 Vanilla Yogurt 132 Pumpkin Seeds 630 Dragon Punch Vegetable Juice 684 Straw/Banana Applesauce 345 Honey Scooters Cereal 100 Milk 2407	15 124 Smokehouse Turkey Breast Stick 126 Co-jack Cheese Stick 611 Bagged Carrots 670 Fresh Fruit 332 Apple/Cinnamon Muffin 943 Ranch Dressing 100 Milk  2405	16 232 Buffalo Chicken & Cheddar On Brioche Bun 631 Cherry Star Vegetable Juice 609 Mixed Fruit Cup 957 Mayonnaise 100 Milk 2420	17 139 Cheddar Cheese Cup 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 697 Sliced Apples 941 Tostitos Scoops 100 Milk  2413
20 137 Peach Yogurt 130 Sunflower Kernels 632 Wango Mango Vegetable Juice 670 Fresh Fruit 922 Granola With Cinnamon 100 Milk Martin Luther King Jr. Day 2402	21 118 String Cheese 543 Red Pepper Hummus 611 Bagged Carrots 683 Unsweetened Applesauce 939 Hartzel Pretzels 100 Milk 2402	22 227 Tky Ham, Tky Pepp & Cheese Sandwich 633 Sunset Sip Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk  2412	23 139 Cheddar Cheese Cup 132 Pumpkin Seeds 706 Spinach Salad W/Tomatoes 670 Fresh Fruit 926 Garden Salsa Sun Chips 953 French Dressing 100 Milk 2413	24 126 Co-jack Cheese Stick 129 Honey Roasted Sunflower Kernels 634 Ruby Rusher Vegetable Juice 648 Strawberry Gel Cup 344 Blueberry Chex Cereal 100 Milk  2425
27 242 Chicken/Turkey Ham & Cheese Wedge Sandwich 630 Dragon Punch Vegetable Juice 697 Sliced Apples 957 Mayonnaise 10 Milk  2415	28 139 Cheddar Cheese Cups 129 Honey Roasted Sunflower Kernels 620 Salsa 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk 2413	29 124 Smokehouse Turkey Breast Stick 118 String Cheese 631 Cherry Star Vegetable Juice 609 Mixed Fruit Cup 931 Cinnamon Bug Bites 100 Milk  2405	30 133 Strawberry Banana Yogurt 132 Pumpkin Seeds 621 Celery Sticks 670 Fresh Fruit 346 Cinnamon Toast Crunch Cereal 943 Ranch Dressing 100 Milk 2407	31 126 Co-jack Cheese Stick 546 Cheesy Pizza Hummus 611 Bagged Carrots 683 Unsweetened Applesauce Cup 941 Tostitos Scoops 100 Milk  2403

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

ALL ITEMS ARE 100% WHOLE GRAIN OR WHOLE GRAIN RICH

ALL PRODUCTS ARE PORK FREE

Milk Variety includes:

Skim White Milk, 1 % White Milk, Skim Chocolate Milk, Skim Strawberry Milk & Skim Lactose Free Milk

Nutritional Development Services

222 North 17th Street, Philadelphia, PA 19103
Phone 215-895-3470 Opt. 4

FAX: 215-895-0832

email: afterschoolmeals@ndsarch.org

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.