

September 2010 - After School Cold Supper Menu

6	7	8	9	10
LABOR DAY	<ul style="list-style-type: none"> • Crustless Soy Butter & Jelly Sandwich • Honey-Roasted Sunflower Kernels • Peach Cup • Apple Juice • Milk 	<ul style="list-style-type: none"> • Colby-Jack Cheese • Honey Chicken Stick • Sweet Potato Muffin • Fresh Fruit • Fruit Juice • Milk 	<ul style="list-style-type: none"> • Chicken & Cheese on Wheat • Baby Carrots • Fresh Fruit • Ranch Dip • Milk 	<ul style="list-style-type: none"> • Cheese-Stuffed Breadsticks • Marinara Sauce • Fresh Fruit • Milk
13	14	15	16	17
<ul style="list-style-type: none"> • Strawberry Yogurt • Golden Deluxe Trail Mix • Raisin Bran • Fresh Fruit • Fruit Juice • Milk 	<ul style="list-style-type: none"> • String Cheese • Hummus • Raisins • Cinnamon Applesauce • Tostitos Scoops • Milk 	<ul style="list-style-type: none"> • Chicken Nuggets • Fruited Gelatin • Sweet & Sour Sauce • Graham Crackers • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Colby-Jack Cheese • Pumpkin Seeds • Apple Slices • Cinnamon Snack n' Square • Fruit Juice • Milk 	<ul style="list-style-type: none"> • Smuckers Uncrustables • Sunflower Kernels • Fresh Fruit • Fruit Juice • Milk
20	21	22	23	24
<ul style="list-style-type: none"> • String Cheese • Honey Nutz • Sweet Potato Muffin • Pineapple Cup • Orange Juice • Milk 	<ul style="list-style-type: none"> • Barking Bagel Dog • Fruited Gelatin • Fresh Fruit • Ketchup • Milk 	<ul style="list-style-type: none"> • Bologna on Wheat • Baby Carrots • Apple-Cherry Juice • Ranch • Mustard • Milk 	<ul style="list-style-type: none"> • Strawberry Banana Yogurt • Sunflower Kernels • Toasty O's • Fresh Fruit • Orange Juice • Milk 	<ul style="list-style-type: none"> • Colby-Jack Cheese • Pumpkin Seeds • Fresh Fruit • Fruit Juice • Cheddar Whales • Milk
27	28	29	30	1
<ul style="list-style-type: none"> • String Cheese • Hummus • Baby Carrots • Apple-Cherry Juice • Mini Wheat Crackers • Milk 	<ul style="list-style-type: none"> • Smuckers Uncrustables • Honey-Roasted Sunflower Kernels • Grape Juice • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Colby-Jack Cheese • Honey Chicken Stick • Graham Crackers • Fresh Fruit • Orange Juice • Milk 	<ul style="list-style-type: none"> • Cheese-Stuffed Breadsticks • Marinara Sauce • Fresh Fruit • Milk 	<ul style="list-style-type: none"> • Cherry Vanilla Yogurt • Golden Deluxe Trail Mix • Cinnamon Toasters • Apple Slices • Fruit Juice • Milk



**Nutritional
Development Services**
Archdiocese of Philadelphia

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Menu is subject to change.

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, Diocese of Camden, 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 information has been provided by the supplier of the food item. To request product information please call 215-895-3470 during normal business hours.

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