

# September 2010 - After School Hot Supper Menu

6	7	8	9	10
<b>LABOR DAY</b>	Chicken Nuggets with Hash Browns <ul style="list-style-type: none"> <li>• Fresh Fruit</li> <li>• Tiny Twist Pretzels</li> <li>• Wheat Bread</li> <li>• Milk</li> </ul>	Hot Dog with Tri-Taters <ul style="list-style-type: none"> <li>• Peach Frozen Juice Pop</li> <li>• Wheat Hot Dog Bun</li> <li>• Milk</li> </ul>	Spaghetti & Meatballs <ul style="list-style-type: none"> <li>• Italian Breadstick OR</li> </ul> Cheese-Stuffed Breadsticks <ul style="list-style-type: none"> <li>• Marinara Sauce</li> <li>• Cinnamon Applesauce</li> <li>• Milk</li> </ul>	Cheese Pizza, Round Pizza, OR French Bread Pizza <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Baby Carrots</li> <li>• Milk</li> </ul>
13	14	15	16	17
Popcorn Chicken with Potato Smiles <ul style="list-style-type: none"> <li>• Fresh Fruit</li> <li>• Wheat Bread</li> <li>• Milk</li> </ul>	Rib-B-Que OR Meatloaf <ul style="list-style-type: none"> <li>• Corn</li> <li>• Italian Ice</li> <li>• Hamburger Bun OR Wheat Bread</li> <li>• Milk</li> </ul>	Chicken Tenders with Hash Browns <ul style="list-style-type: none"> <li>• Broccoli</li> <li>• White Bread</li> <li>• Milk</li> </ul>	Salisbury Steak with Mashed Potatoes <ul style="list-style-type: none"> <li>• Dinner Roll OR</li> </ul> French Toast Sticks with Sausage <ul style="list-style-type: none"> <li>• Apple Slices</li> <li>• Fruit Juice</li> <li>• Milk</li> </ul>	Cheese Pizza, Round Pizza, OR French Bread Pizza <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul>
20	21	22	23	24
Hamburger OR Cheeseburger <ul style="list-style-type: none"> <li>• Mixed Vegetables</li> <li>• Cinnamon Applesauce</li> <li>• Hamburger Bun</li> <li>• Milk</li> </ul>	Chicken Nuggets with Hash Browns <ul style="list-style-type: none"> <li>• Fresh Fruit OR Broccoli</li> <li>• Wheat Bread</li> <li>• Oatmeal Cookie</li> <li>• Milk</li> </ul>	Italian Hoagie OR Turkey Hoagie <ul style="list-style-type: none"> <li>• Tostitos Scoops OR</li> </ul> Hot Dog with Tri-Taters <ul style="list-style-type: none"> <li>• Wheat Hot Dog Bun</li> <li>• Baby Carrots</li> <li>• Milk</li> </ul>	Italian Hoagie OR Turkey Hoagie <ul style="list-style-type: none"> <li>• Tostitos Scoops OR</li> </ul> Chicken Patty with Hash Browns <ul style="list-style-type: none"> <li>• Hamburger Bun</li> <li>• Peach Cup</li> <li>• Milk</li> </ul>	Barking Bagel Dog OR Toasted Cheese on Wheat Bread <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Fruit OR Tomato Soup with Noodles</li> <li>• Milk</li> </ul>
27	28	29	30	1
Popcorn Chicken with Potato Smiles <ul style="list-style-type: none"> <li>• Baby Carrots</li> <li>• Wheat Bread</li> <li>• Milk</li> </ul>	Salisbury Steak OR Teriyaki Chicken with Fried Rice <ul style="list-style-type: none"> <li>• Mashed Potatoes OR Corn &amp; Carrots</li> <li>• Apple Slices</li> <li>• White Bread OR Hamburger Bun</li> <li>• Milk</li> </ul>	Cheese-Stuffed Breadsticks <ul style="list-style-type: none"> <li>• Marinara Sauce</li> <li>• Italian Ice</li> <li>• All Sports Grahams</li> <li>• Milk</li> </ul>	Chicken Tenders with Hash Browns <ul style="list-style-type: none"> <li>• Mixed Vegetables</li> <li>• White Bread</li> <li>• Milk</li> </ul>	Cheese Pizza, Round Pizza, OR French Bread Pizza <ul style="list-style-type: none"> <li>• Tossed Salad</li> <li>• Fresh Fruit</li> <li>• Milk</li> </ul>



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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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