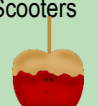
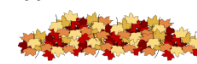
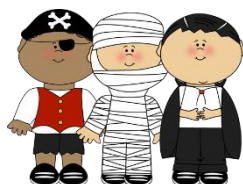


OCTOBER 2026 COLD SUPPER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 236 Tky & Two Cheese Wedge Sandwich 611 Bagged Carrots 683 Fresh Fruit 943 Ranch Dressing 100 Milk  2430	6 131 Mango Yogurt 130 Sunflower Kernels 631 Cherry Star Vegetable Juice 670 Fresh Fruit 349 Corn Chex Cereal 100 Milk 2407	7 140 Fiesta Bean Dip 118 String Cheese 632 Wango Mango Vegetable Juice 688 Orange Mango Applesauce 941 Tostitos Scoops 100 Milk  2403	8 139 Cheddar Cheese Dip 132 Pumpkin Seeds 708 Spinach W/chickpeas 670 Fresh Fruit 924 Harvest Cheddar Sun Chips 906 Italian dressing 100 Milk 2413	9 126 Colby Jack Cheese 541 Chocolate Hummus 633 Sunset Sip Vegetable Juice 697 Sliced Apples 932 Scooby Snacks Cinnamon 100 Milk  2403
12 126 Colby Jack Cheese 540 Garlic Hummus 611 Bagged Carrots 670 Fresh Fruit 939 Heartzel Pretzels 100 Milk <i>Columbus Day & Indigenous Peoples' Day</i> 2403	13 404 Italian Combo Wrap 632 Wango Mango Vegetable Juice 609 Mixed Fruit Cup 957 Mayonnaise 100 Milk  2416	14 124 Smokehouse Turkey Breast Stick 502 "Kick It" Crunchy Puffs 631 Cherry Star Vegetable Juice 670 Fresh Fruit 335 Banana Muffin 100 Milk 2405	15 136 Vanilla Yogurt 132 Pumpkin Seeds 630 Dragon Punch Vegetable Juice 684 Strawberry Banana Applesauce 345 Honey Scooters Cereal 100 Milk  2407	16 128 Smoked Gouda Cheese Dip 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 697 Sliced Apples 941 Tostitos Scoops 100 Milk 2413
19 236 Turkey & Two Cheese Wedge Sandwich 611 Bagged Carrots 689 Strawberry Applesauce 943 Ranch Dressing 100 Milk  2430	20 138 Blueberry Yogurt 132 Pumpkin Seeds 633 Sunset Sip Vegetable Juice 670 Fresh Fruit 942 Multigrain Sun Chips 100 Milk 2407	21 118 String Cheese 129 Honey Roasted Sunflower Kernels 630 Dragon Punch Vegetable Juice 609 Mixed Fruit Cup 344 Blueberry Chex Cereal 100 Milk  2403	22 139 Cheddar Cheese Dip 140 Fiesta Bean Dip 706 Spinach W/tomatoes 670 Fresh Fruit 926 Garden Salsa Sun Chips 953 French Dressing 100 Milk  2413	23 126 Colby Jack Cheese 502 "Kick It" Crunchy Puffs 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 934 Dino Bites 100 Milk 2403
26 242 Chicken/Tky Ham & Cheese Wedge Sandwich 631 Cherry Star Vegetable Juice 697 Sliced Apples 957 Mayonnaise 100 Milk  2415	27 128 Smoked Gouda Cheese Dip 129 Honey Roasted Sunflower Kernels 620 Salsa Cup 670 Fresh Fruit 942 Multigrain Sun Chips 100 Milk 2413	28 124 Smokehouse Turkey Breast Stick 126 Colby Jack Cheese 633 Sunset Sip Vegetable Juice 608 Tropical Fruit Cup 331 Corn Muffin 100 Milk  2405	29 133 Strawberry-Banana Yogurt 132 Pumpkin Seeds 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 346 Cinnamon Toast Crunch Cereal 100 Milk 2407	30 118 String Cheese 117 Wow Butter Cup 611 Bagged Carrots 670 Fresh Fruit 928 Pretzel Goldfish 943 Ranch Dressing 100 Milk  2403

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

Nutritional Development Services
Archdiocese of Philadelphia
1601 Cherry St., Suite 1100
Philadelphia, PA 19102-1310
215-895-3470



**ALL ITEMS ARE 100% WHOLE GRAIN OR WHOLE GRAIN RICH
ALL PRODUCTS ARE PORK FREE**

MENU SUBJECT TO CHANGE

Milk Variety: 2 – 5 Year Olds – Unflavored 1%, Skim or Lactose Free Skim milk only; Older children – Any unflavored milk, Skim Chocolate & Strawberry

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.

