



SEPTEMBER 2026 COLD SUPPER MENU

REVISED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/31 126 Colby Jack Cheese 540 Garlic Hummus 611 Bagged Carrots 670 Fresh Fruit 393 Heartzels Pretzels 100 Milk  2403	9/1 404 Italian Combo Wrap 632 Wango Mango Vegetable Juice 609 Dole Mixed Fruit Cup 957 Mayonnaise 100 Milk 2416	9/2 124 Jennie O Turkey Smoked Breast Stick 126 Colby Jack Cheese 631 Cherry Star Vegetable Juice 670 Fresh Fruit 335 Banana Muffin 100 Milk  2405	9/3 136 Vanilla Yogurt 132 Pumpkin Seeds 630 Dragon Punch Vegetable Juice 684 Strawberry Banana Applesauce 345 Honey Scooters Cereal 100 Milk 2407	9/4 128 Smoked Gouda Cheese Cup 129 Sunflower Kernels 620 Red Gold Salsa Cup 697 Bagged Apples 941 Tostitos Scoops 100 Milk 2413
9/7  2403	9/8 126 Colby Jack Cheese 543 Red Pepper Humus 611 Bagged Carrots 685 Strawberry Applesauce 641 Tostito Scoops 100 Milk  2403	9/9 126 Colby Jack Cheese 129 Honey Roasted Sunflower Kernels 630 Dragon Punch Vegetable Juice 268 Strawberry Gel Cup 344 Blueberry Chex Cereal 100 Milk 2402	9/10 139 Cheddar Cheese Cup 132 Pumpkin Seeds 706 Spinach w/Tomatoes Salad 670 Fresh Fruit 926 Garden Salsa Sunchips 100 Milk 2413	9/11 236 Turkey and Two Cheese Wedge Sandwich 634 Ruby Red Vegetable Juice 641 Tropical Raisels 963 Mustard 100 Milk  2403
9/14 242 Chicken Turkey Ham & Cheese Wedge Sandwich 631 Chery Star Vegetable Juice 697 Bagged Apple Slices 957 Mayonnaise 100 Milk  2415	9/15 138 Smoked Gouda Cheese Cup 129 Sunflower Kernels 620 Salsa Cup 670 Fresh Fruit 942 Multigrain Sunchips 100 Milk 2413	9/16 124 Jenno O Smoke House Turkey Breast Stick 126 Colby Jack Cheese 633 Sunset Sip Vegetable Juice 608 Dole Fruit Cup 331 Corn Muffin 100 Milk 2405	9/17 133 Straw/Ban Yogurt 132 Pumpkin Seeds 634 Ruby Red Vegetable Juice 670 Fresh Fruit 346 Cinnamon Toast Crunch Cereal 100 Milk  2407	9/18 126 Colby Jack Cheese 240 Fiesta Bean Dip 611 Bagged Carrots 688 Orange Mango Applesauce 941 Tostito Scoops 100 Milk Philly Public Schools Closed 2403
9/21 138 Blueberry Yogurt 130 Sunflower Kernels 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 622 Bagged Premium Granola 100 Milk Philly Public Schools Closed 2407	9/22 126 Colby Jack Cheese 140 Fiesta Bean Dip 611 Bagged Carrots 658 Watermelon Craisins 941 Tostito Scoops 100 Milk 2403	9/23 233 Rotisserie Chicken and Mozzarella on Brioche Bun 631 Cherry Star Vegetable Juice 689 Strawberry Applesauce 957 Mayonnaise 100 Milk  2419	9/24 139 Cheddar Cheese Cup 132 Pumpkin Seeds 708 Spinach with Chickpeas 670 Fresh Fruit 924 Harvest Cheddar Sunchips 943 Ranch Dressing 100 Milk 2413	9/25 126 Colby Jack Cheese 129 Sunflower Kernels 632 Wango Mango Vegetable Juice 670 Fresh Fruit 349 Corn Chex Cereal 100 Milk  2403
9/28 128 Smoked Gouda Cheese Cup 132 Pumpkin Seeds 620 Salsa Cup 697 Sliced Apples 941 Tostito Scoops 100 Milk  2413	9/29 134 Cherry Vanilla Yogurt 129 Sunflower Kernels 684 Strawberry Banana Applesauce 633 Sunset Sip Vegetable Juice 341 Honey Bunches of Oats Crunch Cereal 100 Milk 2407	9/30 124 Jennie O Smoke House Turkey Stick 126 Colby Jack Cheese 611 Bagged Carrots 670 Fresh Fruit 932 Scooby Snacks 942 Ranch Dressing 100 Milk  2405	10/1 229 Italian Wrap (Tky Pepperoni, Turkey Ham and Cheese) 630 Dragon Punch Vegetable Juice 645 Dole Pineapple Cup 100 Milk 2416	10/2 126 Colby Jack Cheese 254 Red Pepper Hummus 634 Ruby Red Vegetable Juice 926 Garden Salsa Sunchips 670 Fresh Fruit 100 Milk  2403

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

Nutritional Development Services
 222 North 17th St., Philadelphia, PA 19103
 Phone 215-895-3470 Opt. 4
 FAX: 215-895-0832
 email: afterschoolmeals@ndsarch.org



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.

