

JULY 2026 CHILD CARE COLD LUNCH MENU

Remember that at least one vegetable component MUST be served at every Lunch!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6/29/2026	6/30/2026	7/1/2026	7/2/2026	7/3/2026
Weekly Sandwich Alternate (must order all items in place of sandwich): 137 PEACH YOGURT - 126 CO-JACK CHEESE - 932 WG SCOOPY DOO! CINNAMON GRAHAM CRACKERS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 630 DRAGON PUNCH VEGETABLE JUICE 666 CRAISINS - ORIGINAL or 670 FRESH FRUIT 100 WHITE MILK	251 GRILLED CHEESE ON WG RF AMERICAN/MOZZARELLA 633 SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 632 WANGO MANGO VEGETABLE JUICE 697 BAGGED SLICED APPLES or 698 TROPICAL FRUIT CUP 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK	233 ROTISSERIE CHICKEN & MOZZARELLA ON WG BRIOCHE BUN 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 698 MIXED FRUIT CUP 100 WHITE MILK
7/6/2026	7/7/26	7/8/2026	7/9/2026	7/10/2026
Weekly Sandwich Alternate (must order all items in place of sandwich): 117 WOW BUTTER CUP - 126 CO-JACK CHEESE - 936 WG VANILLA BEAR GRAHAMS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
232 BUFFALO CHICKEN & CHEDDAR ON WG BRIOCHE BUN 634 RUBY RUSHER VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 631 CHERRY STAR VEGETABLE JUICE 666 CRAISINS-WATERMELON or 610 PAPAYA MANGO CUP 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 630 RUBY RUSHER VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 645 PINEAPPLE CUP 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 660 SPECIALTY PRODUCE (see below) or 688 ORANGE MANGO APPLESAUCE 100 WHITE MILK
7/13/2026	7/14/2026	7/15/2026	7/16/2026	7/17/2026
Weekly Sandwich Alternate (must order all items in place of sandwich): 546 CHEESY PIZZA HUMMUS - 126 CO-JACK CHEESE - 938 WG SAVORY WHEAT CRACKERS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 633 SUNSET SIP VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	229 TURKEY HAM & CHEESE ON WG CROISSANT 632 WANGO MANGO VEGETABLE JUICE 666 CRAISINS-CHERRY or 646 PEACH CUP 100 WHITE MILK	251 GRILLED CHEESE ON WG RF AMERICAN/MOZZARELLA 634 RUBY RUSHER VEGETABLE JUICE 670 FRESH FRUIT or 644 PEAR CUP 100 WHITE MILK	236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 697 BAGGED APPLE SLICES 100 WHITE MILK	232 BUFFALO CHICKEN & CHEDDAR ON WG BRIOCHE BUN 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK
7/20/2026	7/21/2026	7/22/2026	7/23/2026	7/24/2026
Weekly Sandwich Alternate (must order all items in place of sandwich): 136 VANILLA YOGURT - 118 LAND O LAKES LIGHT MOZZARELLA STRING CHEESE - 936 WG VANILLA BEAR GRAHAMS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
251 GRILLED CHEESE ON WG RF AMERICAN/MOZZARELLA 631 CHERRY STAR VEGETABLE JUICE 666 CRAISINS - ORIGINAL or 610 PAPAYA MANGO CUP 100 WHITE MILK	233 ROTISSERIE CHICKEN & MOZZARELLA ON WG BRIOCHE BUN 630 DRAGON PUNCH VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 633 SUNSET SIP VEGETABLE JUICE 697 BAGGED SLICED APPLES or 670 FRESH FRUIT 100 WHITE MILK	404 TURKEY HAM, TURKEY SALAMI, TURKEY PEPPERONI & MOZZARELLA CHEESE ON WG WRAP 606 CHOPPED ROMAINE SALAD 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 688 STRAWBERRY APPLESAUCE 100 WHITE MILK	234 TURKEY HAM & TWO CHEESE ON WG ROLL 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK
7/27/2026	7/28/2026	7/29/2026	7/30/2026	7/31/2026
Weekly Sandwich Alternate (must order all items in place of sandwich): 543 RED PEPPER HUMMUS - 126 CO-JACK CHEESE - 938 WG SAVORY WHEAT CRACKERS				
COMPLETE MEAL = Sandwich or Sandwich Alternate (all 3 items) + 1 Serving Vegetable + 1 Serving Fruit + 1 Serving Milk				
236 TURKEY & TWO CHEESE WG WEDGE SANDWICH 632 WANGO MANGO VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	238 CHICKEN, TURKEY PEPPERONI & CHEESE ON WG CROISSANT 634 CHERRY STAR VEGETABLE JUICE 670 FRESH FRUIT 100 WHITE MILK	232 BUFFALO CHICKEN & CHEDDAR ON WG BRIOCHE BUN 631 CHERRY STAR VEGETABLE JUICE 684 STRAWBERRY BANANA APPLESAUCE 100 WHITE MILK	242 CHICKEN, TURKEY HAM & TWO CHEESE WG WEDGE SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK	261 SOY BUTTER & JELLY WG SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROTS SNACK PACK 660 SPECIALTY PRODUCE (see below) or 607 MANGO FRUIT CUP 100 WHITE MILK
MENU SUBJECT TO CHANGE		SPECIALTY PRODUCE GRANT (660)		
REMINDER: WATER MUST BE OFFERED EVERY DAY! +++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP. MILK: 1 YEAR OLD CHILDREN MUST BE SERVED 4-OUNCE WHOLE WHITE MILK; CHILDREN 2 YEARS AND OLDER MUST BE SERVED EITHER 8-OUNCE SKIM FAT FREE WHITE MILK OR 8-OUNCE 1% LOW FAT WHITE MILK.		NDS has received a grant from W.W. Smith for funds to purchase fresh produce that is not normally available to us. The goals off the grant are: • broaden childrens exposure to a variety of fresh produce • provide them with nutrition education opportunities to support the experience The fruits & vegetables being offered will mostly be individually wrapped portions. NDS will provide more information and educational activities for the Specialty Produce Grant item during the week it is offered.		

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.