

JULY 2026 CHILD CARE HOT LUNCH MENU

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

| MONDAY 6/29/2026 | TUESDAY 6/30/2026 | WEDNESDAY 7/1/2026 | THURSDAY 7/2/2026 | FRIDAY 7/3/2026 |
|---|--|--|---|---|
| 264 4' X 6' WG CHEESE PIZZA or 263 5' ROUND WG CHEESE PIZZA 815 DICED CARROTS 1/4 CUP* 656 CRAISINS - ORIGINAL or 670 FRESH FRUIT 100 WHITE MILK *SA - v626 | 834 MEATBALLS WITH WG ELBOW MACARONI AND TOMATO SAUCE* 670 FRESH FRUIT 100 WHITE MILK *SA - e224 | 295 MEATLOAF & GRAVY WITH MASHED POTATOES 697 BAGGED SLICED APPLES or 608 TROPICAL FRUIT CUP 905 1/2 SLICE WHEAT BREAD +++ 100 WHITE MILK * 6 years of age & older require a full slice of bread | 832 WG MOZZARELLA STICKS 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK * SA - e257 | 830 WG CHICKEN NUGGETS* 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 609 MIXED FRUIT CUP 100 WHITE MILK *SA - e204 |
| 7/6/2026 | 7/7/26 | 7/8/2026 | 7/9/2026 | 7/10/2026 |
| 280 BEEF BURGER WITH GREEN BEANS 670 FRESH FRUIT 918 WG HAMBURGER BUN 100 WHITE MILK | 283 WG CHICKEN TENDERS WITH CORN 659 CRAISINS - WATERMELON or 610 PAPAYA MANGO CUP 100 WHITE MILK | 288 WG MACARONI & CHEESE WITH BROCCOLI 670 FRESH FRUIT 100 WHITE MILK | 831 WG POPCORN CHICKEN* 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 645 PINEAPPLE CUP 100 WHITE MILK *SA - e205 | 225 WG CIABATTA CHEESE MELT SANDWICH 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 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 |
| 830 WG CHICKEN NUGGETS* 611 BABY CARROT SNACK PACKS or 815 DICED CARROTS 1/4 CUP* 670 FRESH FRUIT 100 WHITE MILK *SA - e204, v626 | 284 GRILLED CHICKEN & BROCCOLI ALFREDO WITH WG PENNE PASTA 658 CRAISINS-CHERRY or 646 PEACH CUP 100 WHITE MILK | 285 GRILLED CHICKEN WITH HONEY MUSTARD SAUCE AND GREEN BEANS 670 FRESH FRUIT or 644 PEAR CUP 905 1/2 SLICE WHEAT BREAD +++ 100 WHITE MILK * 6 years of age & older require a full slice of bread | 255 WG CHEESE PIZZABOLI or 203 WG MINI BEEF PEPPERONI CALZONE 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 697 BAGGED APPLE SLICES 100 WHITE MILK | 264 4' X 6' WG CHEESE PIZZA or 263 5' ROUND WG CHEESE PIZZA 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 |
| 286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES 656 CRAISINS - ORIGINAL or 610 PAPAYA MANGO FRUIT CUP 100 WHITE MILK | 280 BEEF BURGER WITH GREEN BEANS 670 FRESH FRUIT 918 WG HAMBURGER BUN 100 WHITE MILK | 288 WG MACARONI & CHEESE WITH BROCCOLI 697 BAGGED APPLE SLICES or 670 FRESH FRUIT 100 WHITE MILK | 215 BEEF & CHEESE TACO STICK ON WG TORTILLA 606 CHOPPED ROMAINE SALAD or 620 SALSA CUP 660 SPECIALTY PRODUCE (see below) or 689 STRAWBERRY APPLESAUCE 100 WHITE MILK | 831 WG POPCORN CHICKEN* 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK *SA - e205 |
| 7/27/2026 | 7/28/2026 | 7/29/2026 | 7/30/2026 | 7/31/2026 |
| 283 WG CHICKEN TENDERS WITH CORN 670 FRESH FRUIT 100 WHITE MILK | 834 MEATBALLS WITH WG ELBOW MACARONI AND TOMATO SAUCE* 670 FRESH FRUIT 100 WHITE MILK * SA - e224 | 206 WG FRENCH TOAST WITH TURKEY SAUSAGE 814 POTATO SMILES 1/4 CUP* 684 STRAWBERRY BANANA APPLESAUCE 100 WHITE MILK *SA -v623 | 207 WG CHEESE RAVIOLI or 203 WG MINI BEEF PEPPERONI CALZONE 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) 100 WHITE MILK | 222 SLOPPY JOES 606 CHOPPED ROMAINE SALAD or 611 BABY CARROT SNACK PACKS 660 SPECIALTY PRODUCE (see below) or 607 MANGO FRUIT CUP 905 1/2 SLICE WHEAT BREAD+++ or 918 WG HAMBURGER BUN 100 WHITE MILK * 6 years of age & older require a full slice of bread |

MENU SUBJECT TO CHANGE

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.

SPECIALTY PRODUCE GRANT (660)

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.