

# MARCH 2023 CHILD CARE HOT LUNCH MENU

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

| MONDAY                                                                                                                             | TUESDAY                                                                                                                | WEDNESDAY                                                                                                                                  | THURSDAY                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                         |
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| 3/6/2023<br>284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA<br>670 FRESH FRUIT<br>100 WHITE MILK                 | 3/7/2023<br>281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES<br>684 MIXED BERRY APPLESauce CUP<br>100 WHITE MILK  | 3/8/2023<br>286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES<br>670 FRESH FRUIT<br>100 WHITE MILK                                 | 3/9/2023<br>285 GRILLED CHICKEN STRIPS WITH HONEY MUSTARD SAUCE AND GREEN BEANS<br>506 CHOPPED ROMAINE SALAD<br>or<br>683 UNSWEETENED APPLESauce CUP<br>904 1/2 SLICE WHEAT BREAD +++<br>100 WHITE MILK | 3/10/2023<br>264 4" x 6" WG CHEESE PIZZA<br>or<br>263 5" ROUND WG CHEESE PIZZA<br>506 CHOPPED ROMAINE SALAD<br>or<br>611 BABY CARROTS PACK<br>670 FRESH FRUIT<br>100 WHITE MILK                |
| 3/13/2023<br>283 WG CHICKEN TENDERS WITH CORN<br>684 MIXED BERRY APPLESauce CUP<br>100 WHITE MILK                                  | 3/14/2023<br>293 WG CHICKEN PARMIGIANA WITH GREEN BEANS<br>670 FRESH FRUIT<br>100 WHITE MILK                           | 3/15/2023<br>295 MEATLOAF & GRAVY WITH MASHED POTATOES<br>683 UNSWEETENED APPLESauce CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK | 3/16/2023<br>225 WG CIABATTA GRILLED CHEESE SANDWICH<br>506 CHOPPED ROMAINE SALAD<br>or<br>670 FRESH FRUIT<br>100 WHITE MILK                                                                            | 3/17/2023<br>288 WG MACARONI & CHEESE WITH BROCCOLI<br>506 CHOPPED ROMAINE SALAD<br>or<br>670 FRESH FRUIT<br>100 WHITE MILK                                                                    |
| 3/20/2023<br>280 BEEF PATTY WITH GREEN BEANS<br>670 FRESH FRUIT<br>914 WHEAT HAMBURGER BUN<br>100 WHITE MILK                       | 3/21/2023<br>281 WG POPCORN CHICKEN WITH ROASTED SEASONED POTATOES<br>683 UNSWEETENED APPLESauce CUP<br>100 WHITE MILK | 3/22/2023<br>287 WG CHEESE RAVIOLI WITH BLENDED VEGETABLES<br>670 FRESH FRUIT<br>100 WHITE MILK                                            | 3/23/2023<br>291 GRILLED CHICKEN STRIPS WITH CARIBBEAN PINEAPPLE SAUCE, BROWN RICE PILAF AND CARROTS<br>506 CHOPPED ROMAINE SALAD<br>or<br>670 FRESH FRUIT<br>100 WHITE MILK                            | 3/24/2023<br>264 4" x 6" WG CHEESE PIZZA<br>or<br>263 5" ROUND WG CHEESE PIZZA<br>506 CHOPPED ROMAINE SALAD<br>or<br>611 BABY CARROTS PACK<br>684 MIXED BERRY APPLESauce CUP<br>100 WHITE MILK |
| 3/27/2023<br>284 GRILLED CHICKEN STRIPS & BROCCOLI ALFREDO WITH WG PENNE PASTA<br>683 UNSWEETENED APPLESauce CUP<br>100 WHITE MILK | 3/28/2023<br>286 WG PENNE PASTA WITH MEAT SAUCE AND BLENDED VEGETABLES<br>670 FRESH FRUIT<br>100 WHITE MILK            | 3/29/2023<br>288 WG MACARONI & CHEESE WITH BROCCOLI<br>670 FRESH FRUIT<br>100 WHITE MILK                                                   | 3/30/2023<br>296 SALISBURY STEAK WITH ROASTED SEASONED POTATOES<br>506 CHOPPED ROMAINE SALAD<br>or<br>684 MIXED BERRY APPLESauce CUP<br>904 1/2 SLICE WHEAT BREAD+++<br>100 WHITE MILK                  | 3/31/2023<br>225 WG CIABATTA GRILLED CHEESE SANDWICH<br>506 CHOPPED ROMAINE SALAD<br>or<br>611 BABY CARROTS PACK<br>670 FRESH FRUIT<br>100 WHITE MILK                                          |

**MENU SUBJECT TO CHANGE**

**+++CHILDREN AGE 6 & OLDER MUST BE SERVED A FULL SLICE OF BREAD**

**WG = WHOLE GRAIN-RICH**

**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.**

**CHOPPED ROMAINE SALAD: CHILDREN AGES 1 THROUGH 5 RECEIVE 1/2 CUP, CHILDREN AGE 6 & OLDER RECEIVE 1 CUP.**

**REMINDER: Water must be OFFERED every day!**

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