

September 2017

“Train your brain by eating your grains!” –
Winning slogan by Dionela at St. Joseph Pro-Cathedral School

Lunch
ELEMENTARY

Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich.

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, Diocese of Camden, Nutritional Development Services, Inc. and your children's school 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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

Monday



4

Tuesday

5

Wednesday

6

Thursday

7

Friday

8

292 Wheat Penne Pasta **OR**
402 Spaghetti with Meatballs
750 Apple Juice
908 Dinner Roll

255 Cheese Stuffed Breadsticks
682 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit

205 Popcorn Chicken
704 French Fries
749 Apple Cherry Juice
992 Oatmeal Cookie

227 BBQ Chicken & Cheese Wrap
OR
215 Gordita Chipotle Chicken Fold 'N' Go
606 Fresh Romaine Salad
611 Bagged Baby Carrots
608 Dole Tropical Fruit Cup

218 Mozzarella Pinwheel **OR**
223 Veggie Pinwheel
682 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

11

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
752 Fruit Punch Juice
990 Chocolate Chip Cookie

12

262 Ranchero Beef Pizza **OR**
217 Teriyaki Chicken with Rice
625 Sweet Maple Carrots
631 Cherry Star Vegetable Juice
670 Fresh Fruit

13

288 Waffles with Sausage & 117 Wow Butter **OR**
134 Cherry Vanilla Yogurt **OR**
210 Crispy Chicken Fillet
634 Hash Browns
606 Fresh Romaine Salad
651 Fresh Watermelon
914 Hamburger Bun

14

294 Meatballs with Sauce **OR**
211 Sloppy Joe
624 Mediterranean Green Beans
694 Kiwi & Strawberry Sidekick
907 Hot Dog Bun **OR**
914 Hamburger Bun

15

269 Mini Corn Dog with Chicken Nuggets & Potato Rounds **OR**
234 Chicken Tenders with Potato Wedges
603 Maple Baked Beans
670 Fresh Fruit
919 "Frozen" Cinnamon Grahams

18

252 Cheeseburger Mac **OR**
409 Three Cheese Panini
611 Bagged Baby Carrots
631 Cherry Star Vegetable Juice
688 Applesauce

19

207 Rib-B-Que **OR**
286 Meatloaf with Gravy
524 Corn Cobbette
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
904 Wheat Bread **OR**
914 Hamburger Bun

20

251 Chicken Nuggets
704 French Fries
670 Fresh Fruit
932 Scooby Snacks

21

263 5" Round Cheese Pizza **OR** 264 4x6" Cheese Pizza
606 Fresh Romaine Salad
750 Apple Juice

22

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
749 Apple Cherry Juice

25

273 Rotini Bake **OR**
402 Spaghetti with Meatballs
750 Apple Juice
908 Dinner Roll

26

276 BBQ Chicken Fajita **OR**
204 Chicken Parmesan
524 Corn Cobbette
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

27

242 Deli Wedge Sandwich **OR**
200 Hamburger & 914 Hamburger Bun
611 Bagged Baby Carrots
606 Fresh Romaine Salad
653 Fresh Mango

28

223 Veggie Pinwheel **OR**
219 Turkey Pepperoni Pinwheel
682 Marinara Sauce
631 Cherry Star Vegetable Juice
695 Strawberry Mango Sidekick

29



September 2017



Dear Parents, Caregivers, and Students,

Welcome back from Nutritional Development Services (NDS)! We are excited to resume the National School Lunch Program and School Breakfast Program for the 2017-2018 school year! Following the USDA Dietary Guidelines, NDS offers a selection of vegetables, fruits, beans, nonfat flavored milk and enriched whole grains. Beyond the cafeteria, we will focus on wellness in the school environment by sharing wellness tips through a monthly wellness newsletter and on our website at:

<http://www.healthymealsforchildren.org/archdiocesan-school-wellness-policy/>

Have a happy, healthy school year!
NDS Staff

Wellness Corner: Eat a Healthy Breakfast!

- The NDS School Breakfast provides students with ¼ of their daily calories and nutrients.
- It consists of a whole grain entrée, a half-pint of low-fat or fat-free milk, and two servings of fruit such as fresh fruit, apple sauce, raisins or 100% fruit juice.



Eating breakfast can improve memory, test scores and school performance.



Studies show that children who eat breakfast regularly are less likely to be overweight.



Breakfast is an ideal way to energize and recharge for the day!

Prayer Corner

Lord, thank You for the blessings of summer to share with family and friends. Bless us in this new year with new friends and new things to learn. Thank You for the teachers and school staff who help us and keep them in your care. Amen.

Sleep Tips and Tricks

- Pick a bedtime and stick to it!
- Sleep on a comfortable mattress and pillow
- Make your bedroom a quiet place



Kids need

9-11

hours of sleep each night.

25% of school-aged children are not getting enough sleep.

New Menu Spotlight!

The fresh-cut fruit and vegetables that we introduced last school year were a big hit! Managers, parents, and students gave excellent feedback. We will continue to offer different types of fresh-cut fruit and vegetables on the menu this school year, including **fresh watermelon** on September 14 and **fresh mango** on September 28.

