

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

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

1

Tuesday

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

2

Wednesday

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

3

Thursday

227 BBQ Chicken & Cheese Wrap **OR**
215 Gordita Chipotle Chicken
Fold 'N' Go
606 Fresh Romaine Salad
611 Bagged Baby Carrots
691 Orange Amazin' Raisins

4

Friday

200 Hamburger **OR**
201 Cheeseburger
603 Maple Baked Beans
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

5

275 BBQ Chicken Fillet **OR**
207 Rib-B-Que
623 Broccoli
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

8

294 Meatballs with Sauce **OR**
211 Sloppy Joes
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
907 Hot Dog Bun **OR**
914 Hamburger Bun

9

288 Waffles with Sausage &
117 Wow Butter **OR**
134 Cherry Vanilla Yogurt
OR
251 Chicken Nuggets
634 Hash Browns
611 Bagged Baby Carrots
688 Applesauce

10

253 Hot Dog with French Fries &
907 Hot Dog Bun **OR**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
656 Fresh Strawberries
919 "Frozen" Cinnamon Grahams

11

263 5" Round Cheese Pizza **OR**
264 4x6" Cheese Pizza
606 Fresh Romaine Salad
697 Sliced Apples

12

269 Mini Corn Dog with Chicken
Nuggets & Potato Rounds **OR**
234 Chicken Tenders with
Potato Wedges
603 Maple Baked Beans
695 Strawberry & Mango Sidekick
919 "Frozen" Cinnamon Grahams

15

200 Hamburger **OR**
201 Cheeseburger
704 French Fries
749 Apple Cherry Juice
914 Hamburger Bun

16

252 Cheeseburger Mac &
908 Dinner Roll **OR**
409 Three Cheese Panini
611 Bagged Baby Carrots
631 Cherry Star Vegetable Juice
670 Fresh Fruit

17

262 Ranchero Beef Pizza **OR**
217 Teriyaki Chicken with Rice
625 Sweet Maple Carrots
606 Fresh Romaine Salad
691 Orange Amazin' Raisins

18

402 Spaghetti & Meatballs **OR**
273 Rotini Bake
750 Apple Juice
929 Keebler Cinnamon Elf Grahams

19

218 Mozzarella Pinwheel **OR**
219 Turkey Pepperoni Pinwheel
682 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

22

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

23

251 Chicken Nuggets
704 French Fries
686 Rosati American Hero Water Ice
932 Keebler Scooby Snacks

24

211 Sloppy Joes **OR**
220 Taco Meat
606 Fresh Romaine Salad
654 Fresh Watermelon
914 Hamburger Bun

25

224 Chicken Nuggets with
Sweet Potatoes **OR**
230 Chicken Tenders with
Sweet Potato Puffs
611 Bagged Baby Carrots
609 Dole Mixed Fruit Cup
904 Wheat Bread

26

Memorial Day

29

263 5" Round Cheese Pizza
OR
264 4x6" Cheese Pizza
631 Cherry Star Vegetable Juice
688 Applesauce

30

205 Popcorn Chicken
704 French Fries
694 Strawberry & Mango Sidekick
932 Keebler Scooby Snacks

31

255 Cheese Stuffed Breadsticks
682 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

1

251 Chicken Nuggets **OR**
210 Crispy Chicken Fillet
603 Maple Baked Beans
606 Fresh Romaine Salad
749 Apple Cherry Juice

2

May 2017



Dear Parents, Caregivers, and Students,

As the temperatures rise, it's important to stay hydrated. NDS wants to emphasize that whatever you do, take water with you. Water provides us with many benefits, especially when trying to beat the heat. Drinking water is essential for both healthy eating and physical activity!

NDS Staff



Spotlight of the Month
**Mozzarella or Turkey Pepperoni
Pinwheels!**

These delicious, savory pinwheels are stuffed with cheese and sauce!

The new pinwheels will be on the menu on **Monday, May 22!**

SCHOOL LUNCH™ HERO DAY

Friday, May 5, 2017

Today we recognize and thank the dedicated school nutrition professionals who make a difference in the lives of

thousands of children each day. The school breakfast and lunch programs would be lacking without their hard work, excellent customer service, and most of all, the care that they show for the children they serve. Thank you!

Prayer Corner

Lord, we are thankful for the many gifts You give us in nature that remind us of Your love and power. Thank You for the sunshine, the flowering trees, and gentle breeze. May we recognize You in their beauty.

AMEN.



WELLNESS CORNER

Highlights of the Month

Summer Meals Program for Children

Food that's in when school is out!

When school is out for the summer, students do not have access to a healthy school breakfast and lunch every day. Fortunately, hundreds of locations in Philadelphia and the surrounding counties fill this gap by offering meals at no cost to children and teens ages 18 and under, so they can have a happy and healthy summer!

Can I start a summer meals site in my community?

Now is the time to contact NDS to see if your organization qualifies to serve summer meals at no cost to children ages 18 and under! The summer meals program is a federally-funded child nutrition program that provides children with a daily nutritious lunch and either breakfast or a snack. Call 215-895-3470 option 1 to learn more!

How do I find my nearest summer meals site?

Starting in June when school is out, you can:

- Call the toll-free Philly Summer Meals Hotline: 1-855-252-MEAL (6325)
- Text "FOOD" to 877877
- Visit the searchable map at www.phillysummermeals.org