



	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>205 Popcorn Chicken 704 French Fries 524 Corn Cobbette 608 Dole Tropical Fruit Cup 670 Fresh Fruit 992 Oatmeal Cookie</p> <p>8</p> <p>275 BBQ Chicken Fillet OR 207 Rib-B-Que 623 Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 688 Applesauce 902 Kaiser Bun 932 Keebler Scooby Snacks</p> <p>15</p> <p>269 Mini Corn Dog with Chicken Nuggets & Potato Rounds OR 234 Chicken Tenders with Potato Wedges 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 695 Strawberry & Mango Sidekick 670 Fresh Fruit 904 Wheat Bread</p> <p>22</p> <p>218 Mozzarella Pinwheel OR 219 Turkey Pepperoni Pinwheel 682 Marinara Sauce 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 688 Applesauce</p> <p>29</p> <p><i>Memorial Day</i></p>	<p>2</p> <p>255 Cheese Stuffed Breadsticks 682 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit 688 Applesauce</p> <p>9</p> <p>294 Meatballs with Sauce OR 211 Sloppy Joes 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice 907 Hot Dog Bun OR 902 Kaiser Bun 929 Keebler Cinnamon Elf Grahams</p> <p>16</p> <p>481 Hamburger OR 480 Cheeseburger 704 French Fries 611 Bagged Baby Carrots 447 Mott's Apple White Grape Juice 670 Fresh Fruit 902 Kaiser Bun</p> <p>23</p> <p>253 Hot Dog with French Fries & 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators 904 Wheat Bread 603 Maple Baked Beans 445 Mott's Fruit Punch Juice 608 Dole Tropical Fruit Cup</p> <p>30</p> <p>263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 631 Cherry Star Vegetable Juice 634 Hash Browns 670 Fresh Fruit 688 Applesauce</p>	<p>3</p> <p>292 Wheat Penne Pasta OR 402 Spaghetti and Meatballs & 118 String Cheese 623 Chopped Broccoli 446 Mott's Apple Juice 670 Fresh Fruit 908 Dinner Roll</p> <p>10</p> <p>288 Waffles with Sausage & 117 Wow Butter OR 134 Cherry Vanilla Yogurt OR 483 Chicken Nuggets & 904 Wheat Bread 634 Hash Browns 611 Bagged Baby Carrots 688 Applesauce 670 Fresh Fruit</p> <p>17</p> <p>252 Cheeseburger Mac & 908 Dinner Roll OR 409 Three Cheese Panini & 134 Cherry Vanilla Yogurt 611 Bagged Baby Carrots 631 Cherry Star Vegetable Juice 670 Fresh Fruit 658 Dried Fruit Blend</p> <p>24</p> <p>251 Chicken Nuggets 704 French Fries 631 Cherry Star Vegetable Juice 686 Rosati American Hero Water Ice 670 Fresh Fruit 932 Keebler Scooby Snacks</p> <p>31</p> <p>205 Popcorn Chicken 704 French Fries 611 Bagged Baby Carrots 694 Strawberry & Mango Sidekick 647 Dole Mandarin Oranges 932 Keebler Scooby Snacks</p>	<p>4</p> <p>227 BBQ Chicken & Cheese Wrap OR 215 Gordita Chipotle Chicken Fold 'N' Go 706 Fresh Romaine Salad with Cherry Tomatoes 611 Bagged Baby Carrots 691 Orange Amazin' Raisins 445 Mott's Fruit Punch Juice</p> <p>11</p> <p>253 Hot Dog with French Fries & 907 Hot Dog Bun OR 282 Chicken Fries with Tri-Tators & 990 Chocolate Chip Cookie 603 Maple Baked Beans 656 Fresh Strawberries 445 Mott's Fruit Punch Juice</p> <p>18</p> <p>262 Ranchero Beef Pizza OR 217 Teriyaki Chicken with Rice & 904 Wheat Bread 625 Sweet Maple Carrots 706 Romaine Salad with Cherry Tomatoes 691 Orange Amazin' Raisins 446 Mott's Apple Juice</p> <p>25</p> <p>211 Sloppy Joes OR 220 Taco Meat 708 Romaine Salad with Spinach & Chickpeas 654 Fresh Watermelon 447 Mott's Apple White Grape Juice 902 Kaiser Roll</p> <p>June 1</p> <p>255 Cheese Stuffed Breadsticks 682 Marinara Sauce 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape Juice</p>	<p>5</p> <p>481 Hamburger OR 480 Cheeseburger 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 447 Mott's Apple White Grape 902 Kaiser Bun 992 Oatmeal Cookie</p> <p>12</p> <p>263 5" Round Cheese Pizza OR 264 4x6" Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 611 Bagged Baby Carrots 697 Bagged Apple Slices 647 Dole Mandarin Oranges</p> <p>19</p> <p>402 Spaghetti with Meatballs & 118 String Cheese OR 273 Rotini Bake 623 Broccoli 670 Fresh Fruit 445 Mott's Fruit Punch Juice 929 Keebler Cinnamon Elf Grahams</p> <p>26</p> <p>224 Chicken Nuggets with Sweet Potatoes OR 230 Chicken Tenders with Sweet Potato Puffs 611 Bagged Baby Carrots 624 Mediterranean Green Beans 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice 904 Wheat Bread</p> <p>2</p> <p>483 Chicken Nuggets OR 482 Crispy Chicken Fillet 902 Kaiser Roll 603 Maple Baked Beans 706 Romaine Salad with Cherry Tomatoes 445 Mott's Fruit Punch Juice 696 Raisins 992 Oatmeal Cookie</p>

Nutritional Development Services

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

**Archdiocese of Philadelphia
222 N. 17th Street
Philadelphia, PA 19103
215-895-3470**

SchoolMealsNDS

NDSSchoolLunchProgram

SchoolMealsNDS

www.nutritionaldevelopmentservices.org

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.

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