



# June 2017



## High School Lunch

### 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](http://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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>5</b></p> <p>482 Grilled Chicken Fillet &amp; 902 Kaiser Roll OR            483 Chicken Nuggets            904 Wheat Bread            704 French Fries            635 Calypso Crush Vegetable Juice            688 Applesauce            670 Fresh Fruit</p>	<p><b>6</b></p> <p>485 Swiss Steak OR            489 Salisbury Steak            631 Cherry Star Vegetable Juice            610 Mashed Potatoes            670 Fresh Fruit            691 Orange Amazin' Raisins            902 Kaiser Roll</p>	<p><b>7</b></p> <p>253 Hot Dog with French Fries 907 Hot Dog Bun OR            282 Chicken Fries with Tri-Tators            603 Maple Baked Beans            670 Fresh Fruit            445 Mott's Fruit Punch Juice            929 Keebler Elf Grahams</p>	<p><b>8</b></p> <p>263 5" Round Cheese Pizza OR            264 4x6 Cheese Pizza            708 Romaine Salad with Spinach &amp; Chickpeas            697 Bagged Apple Slices            446 Mott's Apple Juice            992 Oatmeal Cookie</p>	<p><b>9</b></p> <p>487 Chicken with Penne Pasta &amp; 908 Dinner Roll OR            409 Three Cheese Panini            134 Cherry Vanilla Yogurt            623 Chopped Broccoli            611 Bagged Baby Carrots            544 Lemon Kale Hummus OR            545 Cranberry Orange Hummus            447 Mott's Apple White Grape Juice            670 Fresh Fruit</p>
<p><b>12</b></p> <p>208 Fish Fillet &amp; 902 Kaiser Roll OR            215 Gorditas Chipotle Chicken Fold 'N' Go            626 Sweet Garlic Peas            635 Calypso Crush Vegetable Juice            670 Fresh Fruit            692 Peach Amazin' Raisins</p>	<p><b>13</b></p> <p>218 Mozzarella Pinwheel OR            219 Turkey Pepperoni Pinwheel            682 Marinara Sauce            631 Cherry Star Vegetable Juice            670 Fresh Fruit            445 Mott's Fruit Punch Juice</p>	<p><b>14</b></p> <p>204 Chicken Parmesan &amp; 902 Kaiser Roll OR            234 Chicken Tenders with Potato Wedges            904 Wheat Bread            624 Mediterranean Green Beans            611 Bagged Baby Carrots            608 Dole Tropical Fruit Cup            446 Mott's Apple Juice</p>	<p><b>15</b></p> <p>292 Wheat Penne Pasta OR            402 Spaghetti with Meatballs            118 String Cheese            623 Chopped Broccoli            447 Mott's Apple White Grape Juice            670 Fresh Fruit            902 Dinner Roll</p>	<p><b>16</b></p> <p>488 Swedish Meatballs OR            480 Cheeseburger            603 Maple Baked Beans            706 Romaine Salad with Cherry Tomatoes            670 Fresh Fruit            688 Applesauce            902 Kaiser Roll</p>
<p><b>19</b></p> <p>227 BBQ Chicken &amp; Cheese Wrap            445 Mott's Fruit Punch Juice            670 Fresh Fruit            707 Bagged Baby Carrots            635 Calypso Crush Vegetable Juice            932 Keebler Scooby Snacks</p>	<p><b>20</b></p> <p>234 Chicken Tenders with Potato Wedges            697 Bagged Apple Slices            446 Mott's Apple Juice            715 Italian Corn Salad            904 Wheat Bread</p>	<p><b>21</b></p> <p>263 5" Round Cheese Pizza OR            264 4x6" Cheese Pizza            634 Hash Browns            631 Cherry Star Vegetable Juice            691 Orange Amazin' Raisins            670 Fresh Fruit</p>	<p><b>22</b></p> <p>205 Popcorn Chicken            651 Fresh Watermelon            447 Mott's Apple White Grape Juice            708 Romaine Salad with Spinach &amp; Chickpeas            611 Bagged Baby Carrots            929 Keebler Elf Grahams</p>	<p><b>23</b></p> <p>294 Meatballs with Sauce            628 Mixed Vegetables            670 Fresh Fruit            688 Applesauce            541 Chocolate Hummus            936 Vanilla Bear Grahams            907 Hot Dog Bun</p>
<p><b>26</b></p> <p>239 Turkey Bologna on Wheat Bread            670 Fresh Fruit            688 Applesauce            703 Wango Mango Vegetable Juice            611 Bagged Baby Carrots            929 Keebler Elf Grahams</p>	<p><b>27</b></p> <p>205 Popcorn Chicken            670 Fresh Fruit            707 Bagged Baby Carrots            540 Garlic Hummus            446 Mott's Apple Juice            904 Wheat Bread</p>	<p><b>28</b></p> <p>250 Torpedo Sandwich            602 Red Bliss Potato Salad with Turkey Bacon            631 Cherry Star Vegetable Juice            653 Fresh Mango            696 Raisins</p>	<p><b>29</b></p> <p>218 Mozzarella Pinwheel OR            219 Turkey Pepperoni Pinwheel            682 Marinara Sauce            706 Romaine Salad with Cherry Tomatoes            447 Mott's Apple White Grape Juice            670 Fresh Fruit            936 Vanilla Bear Grahams</p>	<p><b>30</b></p> <p>235 Cheese Sandwich on Whole Grain Bread            634 Hash Browns            541 Chocolate Hummus            635 Calypso Crush Vegetable Juice            932 Keebler Scooby Snacks            697 Bagged Apple Slices            445 Mott's Fruit Punch</p>

# June 2017



Dear Parents, Caregivers, and Students,

As the school year comes to a close, NDS hopes that you continue practicing a healthy lifestyle over the summer. We are emphasizing food safety because this often overlooked topic is essential to keeping your family healthy. Additionally, we are sharing information about the free summer meals program for children! Contact us if you are interested in serving summer meals to the children in your community, or use the hotline to find your nearest location.

Have a safe and happy summer!

NDS Staff

## Spotlight of the Month New Hummus Flavors!

Our June school lunch and summer lunch menus will feature two new flavors of hummus!

Try **chocolate hummus** with graham crackers on June 23rd & 30th.  
Try **garlic hummus** with baby carrots on June 27th.

Safe  
Zone

135°

Minimum for  
hot food

Danger  
Zone

41°

Maximum for  
cold food

Safe  
Zone

0° F

## Summer Food Safety Tips

- ◆ Use an insulated cooler filled with ice to keep cold foods cold if you are taking a trip or going to a picnic or cookout.
- ◆ Perishable food should not sit out for more than two hours. In hot weather (above 90° F), food should never sit out for more than one hour.

## Prayer Corner

Lord, we thank You for the summer months and the time to renew and refresh. Bless Your children with a safe and peace-filled summer.

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](http://www.phillysummermeals.org)