

November 2017

“If you eat well, you will do well!”
– Winning slogan by Lailah at St. Raymond 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

204 Chicken Parmesan &
914 Hamburger Bun **OR**
224 Chicken Nuggets with
Sweet Potatoes
631 Cherry Star Vegetable Juice
670 Fresh Fruit
992 Oatmeal Cookie

6



Tuesday

273 Rotini Bake **OR**
271 Spaghetti with Meatballs
750 Apple Juice
908 Dinner Roll **OR**
903 Maple Biscuits

7

Wednesday

253 Hot Dog with French Fries &
907 Hot Dog Bun **OR**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
670 Fresh Fruit

8

Thursday

200 Hamburger **OR**
281 Salisbury Patty
610 Mashed Potatoes
635 Calypso Crush Vegetable Juice
694 Kiwi Strawberry Sidekick
914 Hamburger Bun **OR**
904 Wheat Bread

9

Friday

263 5" Round Pizza **OR**
264 4x6" Cheese Pizza
706 Romaine Salad with
Cherry Tomatoes
752 Fruit Punch Juice

10

234 Chicken Tenders with
Potato Wedges **OR**
269 Mini Corn Dog with Chicken
Nuggets & Potato Rounds
627 Mixed Vegetables
749 Apple Cherry Juice
990 Chocolate Chip Cookie

13

200 Hamburger **OR**
286 Meatloaf with Gravy
610 Mashed Potatoes
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

14

210 Crispy Chicken Fillet **OR**
207 Rib-B-Que
524 Corn Cobbette
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

15

255 Cheese Stuffed Breadsticks **OR**
223 Veggie Pinwheel
682 Marinara Sauce
708 Romaine Salad with Chickpeas
752 Fruit Punch Juice

16

252 Cheeseburger Mac **OR**
217 Teriyaki Chicken with Rice
611 Bagged Baby Carrots
540 Garlic Hummus **OR**
541 Chocolate Hummus
670 Fresh Fruit
908 Dinner Roll **OR**
914 Hamburger Bun

17

222 Sliced Turkey with Stuffing
and Mashed Potatoes **OR**
224 Chicken Nuggets with
Sweet Potatoes
629 Corn & Carrots
687 Rosati Apple Pie Water Ice
901 Honey Biscuits

20

263 5" Round Pizza **OR**
264 4x6" Cheese Pizza
631 Cherry Star Vegetable Juice
689 Birthday Cake Applesauce

21

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

22



Happy Thanksgiving!


23

Happy Thanksgiving!

24

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

27

276 BBQ Chicken Fajita **OR**
213 Chicken Taco
631 Cherry Star Vegetable Juice
696 Raisins
900 Panini Bread **OR**
914 Hamburger Bun

28

294 Meatballs with Sauce **OR**
211 Sloppy Joe
624 Mediterranean Green Beans
750 Apple Juice
907 Hot Dog Bun **OR**
914 Hamburger Bun

29

289 Pancakes with Sausage **OR**
272 Four Cheese Panini
635 Calypso Crush Vegetable Juice
634 Hash Browns
670 Fresh Fruit

30



218 Mozzarella Pinwheel **OR**
219 Pepperoni Pinwheel
708 Romaine Salad with Chickpeas
670 Fresh Fruit
991 "Despicable Me" Graham
Crackers

1



November 2017

Dear Parents, Caregivers, and Students,

The holiday season is approaching, so this month we are sharing a few tips for balancing holiday traditions with healthy practices. The plate below is a great example of how to fill a balanced plate during your next celebration. To learn more about putting together a healthy plate, visit the USDA's MyPlate website at: www.choosemyplate.gov

NDS Staff

Vary your Vegetables

- Fill your plate with green beans, squash, and sweet potatoes



Make 1/2 your grains whole

- Try to eat whole grain rolls and stuffing as much as possible

Focus on Fruits

- Try homemade cranberry sauce or some fresh fruit for dessert!

Stay Lean with Protein

- Eat lean meats such as turkey breast or bean proteins

Be Thankful for a Nutritious Thanksgiving!

Prayer Corner

Good Lord, You have been so kind and giving to us. Thank You. You give us healthy food and safe places to learn and play. Thank You. Today we pray for those who do not have what they need. Please help them so that they will know that You love them too. Amen.

Menu Spotlight

We are mixing up our salad varieties this month! Try our **fresh romaine salad with chickpeas** on November 16th and December 1st and **fresh romaine salad with cherry tomatoes** on November 10th.

Gobble Up These Thanksgiving Facts!

Only male turkeys, also known as toms, can **gobble.**



Ben Franklin

wanted our national bird to be the "respectable" turkey instead of the eagle.

TV dinners

were created when a turkey company had 26 tons of extra turkeys after Thanksgiving.

50%

of Americans put the stuffing inside the turkey while baking.

Thanksgiving did not become an official US holiday until **1864**

Native Americans used **cranberries** for both cooking and medicinal purposes, such as treating arrow punctures.

