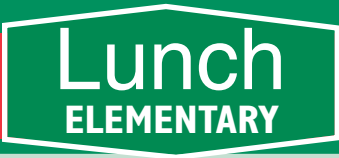


December 2017

“Balance what you eat, drink, and do.”
- Winning slogan by Starlyne at St. Peter the Apostle School



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

273 Rotini Bake **OR** **4**
292 Wheat Penne Pasta
608 Dole Tropical Fruit Cup
908 Dinner Roll **OR**
901 Honey Biscuits

Tuesday

234 Chicken Tenders with Potato Wedges **OR** **5**
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
603 Maple Baked Beans
670 Fresh Fruit

Wednesday

200 Hamburger **OR** **6**
201 Cheeseburger
704 French Fries
749 Apple Cherry Juice
914 Hamburger Bun

Thursday

263 5" Round Cheese Pizza **OR** **7**
264 4x6" Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit

Friday

211 Sloppy Joe **OR** **8**
220 Taco Meat
635 Calypso Crush Vegetable Juice
647 Dole Mandarin Oranges
914 Hamburger Bun **OR**
910 Ciabatta Bread

203 Mac & Cheese **OR** **11**
272 Four Cheese Panini
611 Bagged Baby Carrots
542 Harvest Pumpkin Hummus **OR**
545 Cranberry Orange Hummus
670 Fresh Fruit

205 Popcorn Chicken **OR** **12**
704 French Fries
752 Fruit Punch Juice
991 "Despicable Me" Honey Grahams

289 Pancakes with Sausage **OR** **13**
275 BBQ Chicken Fillet & 914 Hamburger Bun
634 Hash Browns
631 Cherry Star Vegetable Juice
670 Fresh Fruit

217 Teriyaki Chicken & Rice **OR** **14**
262 Ranchero Beef Pizza
708 Romaine Salad with Chickpeas
749 Apple Cherry Juice
993 Gingerbread Man Cookie

218 Mozzarella Pinwheel **OR** **15**
219 Turkey Pepperoni Pinwheel
682 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

204 Chicken Parmesan & 914 Hamburger Bun **OR** **18**
224 Chicken Nuggets with Sweet Potatoes
631 Cherry Star Vegetable Juice
670 Fresh Fruit
992 Oatmeal Cookie

273 Rotini Bake **OR** **19**
271 Spaghetti with Meatballs
750 Apple Juice
908 Dinner Roll **OR**
903 Maple Biscuits

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR** **20**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
686 Sno' Joe Apple Rosati Water Ice

263 5" Round Cheese Pizza **OR** **21**
264 4x6" Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice

200 Hamburger **OR** **22**
281 Salisbury Patty
610 Mashed Potatoes
635 Calypso Crush Vegetable Juice
691 Orange Amazin' Raisins
914 Hamburger Bun **OR**
904 Wheat Bread

Winter Break **25** **26** **27** **28** **29**



234 Chicken Tenders with Potato Wedges **OR** **2**
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
603 Maple Baked Beans
749 Apple Cherry Juice
990 Chocolate Chip Cookie

255 Cheese Stuffed Breadsticks **OR** **3**
223 Veggie Pinwheel
682 Marinara Sauce
623 Broccoli
752 Fruit Punch Juice

210 Crispy Chicken Fillet **OR** **4**
207 Rib-B-Que
524 Corn Cobbette
635 Calypso Crush Vegetable Juice
686 Strawberry Lemonade Rosati Water Ice
914 Hamburger Bun

252 Cheeseburger Mac **OR** **5**
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



December 2017



Remember to always wash your hands before you begin cooking, baking, or serving food.

Wash Your Hands

Keep the celebration going by freezing leftover treats to enjoy later.

Freeze Extra Holiday Treats

Making and decorating your own wrapping paper out of recycled supplies can be a fun family craft!

Wrap presents in reused materials

(such as fabric, paper grocery bags, or old newspapers and calendars)

Dear Parents, Caregivers, and Students,

The holiday season is a great time to support your friends and family's wellness goals in the gifts that you give and the celebrations that you plan! On the left, we have also included some tips to keep your holidays safe and enjoyable for all. We hope you have a very merry Christmas and a happy holiday season!

NDS Staff

Wellness Corner: Christmas Gift Guide and Wish List



Reusable water bottles are not only better for the environment, but they help you stay hydrated!

Give **sneakers** to encourage your friends and family to stay active during the holiday season!



Ask for a classic or bestselling **book** from your favorite author to read whenever you want!

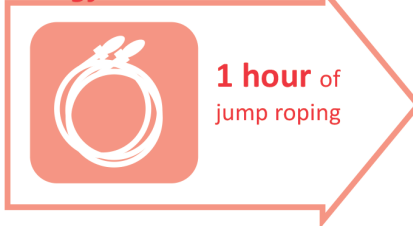
Energy IN



1 cup (8 oz.) eggnog with whipped cream

580 calories

Energy OUT



1 hour of jump roping

Prayer Corner

Lord Jesus, we are happy that You came to be with us. Help us to do good things in this Advent season and work hard to be good friends with You so that we may celebrate the gift of Your life at Christmas. Amen.

Spotlight of the Month:

Ciabatta Bread

Instead of a hamburger bun, try our new sliced **ciabatta bread** on Friday, December 8! The ciabatta bread is delicious when paired with either the sloppy joe or taco meat.

