

February 2018

“Fill your cart for a healthy heart!”
- Winning slogan by Erin at Our Lady of Port Richmond 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

289 Pancakes with Sausage **OR** **5**
272 Four Cheese Panini
634 Hash Browns
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

TUESDAY

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR** **6**
282 Chicken Fries with Tri-Tators
611 Bagged Baby Carrots
670 Fresh Fruit
991 “Despicable Me” Honey Grahams

WEDNESDAY

200 Hamburger **OR** **7**
201 Cheeseburger
524 Corn Cobbette **OR**
636 Fiesta Corn
603 Maple Baked Beans
752 Fruit Punch Juice
914 Hamburger Bun

THURSDAY

New 265 Chicken Ranch Flatbread Pizza **OR** **8**
262 Ranchero Beef Pizza
706 Romaine Salad with Cherry Tomatoes
749 Apple Cherry Juice
990 Chocolate Chip Cookie

FRIDAY

255 Cheese Stuffed Breadsticks **9**
682 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit

271 Spaghetti with Meatballs **OR** **12**
273 Rotini Bake
670 Fresh Fruit
903 Maple Biscuits **OR**
901 Honey Biscuits

234 Chicken Tenders with Potato Wedges **OR** **13**
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
631 Cherry Star Vegetable Juice
695 Strawberry & Mango Sidekick

218 Mozzarella Pinwheel **OR** **14**
410 Toasted Cheese Sandwich
611 Bagged Baby Carrots
541 Chocolate Hummus **OR**
540 Garlic Hummus
685 Cherry Sweet Heart Water Ice
993 Heart Cookie

New 233 Popcorn Chicken with Sweet & Sour Broccoli **OR** **15**
276 BBQ Chicken Fajita
704 French Fries
752 Fruit Punch Juice
901 Honey Biscuits **OR**
910 Ciabatta Bread

264 4x6” Cheese Pizza **OR** **16**
263 5” Round Cheese Pizza
708 Romaine Salad with Spinach and Chickpeas
749 Apple Cherry Juice

294 Meatballs with Sauce **OR** **19**
211 Sloppy Joe
636 Fiesta Corn
749 Apple Cherry Juice
907 Hot Dog Bun **OR**
910 Ciabatta Bread

210 Crispy Chicken Fillet **OR** **20**
217 Teriyaki Chicken with Rice
635 Calypso Crush Vegetable Juice
624 Garlic Butter Green Beans
670 Fresh Fruit
914 Hamburger Bun

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR** **21**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
670 Fresh Fruit

205 Popcorn Chicken **22**
634 Hash Browns
631 Cherry Star Vegetable Juice
670 Fresh Fruit
904 Wheat Bread

208 Fish Fillet **OR** **23**
203 Mac & Cheese
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice
914 Hamburger Bun **OR**
903 Maple Biscuit

234 Chicken Tenders with Potato Wedges **OR** **26**
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
611 Bagged Baby Carrots
542 Harvest Pumpkin Hummus **OR**
545 Cranberry Orange Hummus
694 Kiwi & Strawberry Sidekick

273 Rotini Bake **OR** **27**
292 Wheat Penne Pasta
750 Apple Juice
901 Honey Biscuits **OR**
908 Dinner Roll

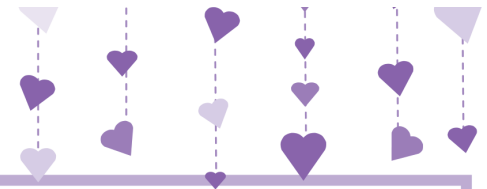
204 Chicken Parmesan & 914 Hamburger Bun **OR** **28**
264 4x6” Cheese Pizza
634 Hash Browns
697 Bagged Apple Slices

251 Chicken Nuggets **OR** **1**
207 Rib-B-Que & 914 Hamburger Bun
708 Romaine Salad with Spinach and Chickpeas
670 Fresh Fruit
932 Keebler Scooby Snacks

272 Four Cheese Panini **OR** **2**
223 Veggie Pinwheel
682 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
932 Keebler Scooby Snacks



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Wellness Corner: 3 Quick Tips to Reduce your Sodium Intake

Sodium is an important mineral that your body needs to balance fluids. It is found in salt, added to many processed foods, and found naturally in many other foods. When there is extra sodium in your blood, it brings in extra fluid to the blood stream. This causes higher blood pressure. When your blood pressure is high, your heart has to work harder to do its job. We want to consume a moderate amount of sodium to keep our hearts healthy. *For more information go to : <https://sodiumbreakup.heart.org/>*

- Drain & rinse canned beans/vegetables. This will wash off up to 40% of the sodium.
- Use herbs, spices, garlic, onions and vinegar to season your meals instead of using salt. Remember to taste your food before you salt it!
- Compare the food label on packaged products to choose items with fewer than 140-200 mg of sodium per serving.

Dear Parents, Caregivers and Students,

It's Heart-Healthy Month and to help keep your heart in tip top shape, our Wellness Corner lists 3 ways to lower your sodium intake. Our menus follow the USDA guidelines for the National School Lunch Program which include lower sodium. Also to celebrate Heart Month we have some heart fun facts and a word search.

NDS Staff

MENU SPOTLIGHT:

On February 8th, try our Chicken Ranch Flatbread Pizza. It's the yummy combination of pizza and ranch that all kids love! In honor of the Chinese New Year, Popcorn Chicken with Sweet and Sour Broccoli will be served on February 15th (pictured right)!



National Catholic Schools Week:

Each day of this special week has a theme. Monday's theme for this year is "Celebrate the Community." NDS plans to partner with over 800 students on January 29th for *Nourishing our Neighbors-Catholic School Students as Servant Leaders*. Everyone will work together to pack meals for those who need it most in our community. This event is a great way to Celebrate the Community! NDS hopes everyone has a fulfilling Catholic Schools week!

HEART FUN FACTS



The average heart beats **70** times per minute.



Exercise at least **60 minutes** a day to keep a healthy heart.



The heart weighs between 7 and 15 ounces, about **the weight of a juice box**

Each minute your heart pumps 1.5 gallons of blood!



The **RIGHT** side of your heart pumps blood to your **LUNGS** while the **LEFT** side pumps blood to your **BODY**.

What Foods are Best for Your Heart?

N Z L E G U M E S E K C E O G
 E Y R V E H X W W P K U X C S
 J N J W Q R T O M A T O E S N
 B K E O D A C O V A L S V O U
 V I A S B K Y M H J H N A I S
 K V C R R C B E A N S T U P V
 N Q R S D N O M L A M E I T Y
 O T A T O P K V I E D N B Z S
 M H L S E L P P A F A M K Q B
 L R I H E H I L O C C O R B W
 A U E P P R J D H S J U B G Y
 S G R E W O L F I L U A C J V
 E M F O A L V Y F Y U F B U K
 Y V G L W T K V X F H U X K M
 I T K B L U E B E R R I E S E

SALMON
 TOMATOES
 CAULIFLOWER
 APPLES
 POTATO
 WALNUTS
 ALMONDS
 LEGUMES
 SPINACH
 AVOCADO
 BEANS
 BROCCOLI
 OATMEAL
 BLUEBERRIES

Prayer Corner

Lord as we begin the season of Lent, help us to share what we have with others so they will know Your love. As we make this journey to be closer to You, please take away the mistakes we have made and help us to be better friends with You. Amen.