

March 2018

“Eating and playing smart is the path to a healthy heart!”
– Winning slogan by Lily at Philadelphia Montessori

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

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR** **5**
282 Chicken Fries with Tri-Tators
603 Maple Baked Beans
670 Fresh Fruit

272 Four Cheese Panini **OR** **12**
275 BBQ Chicken Fillet & 914 Hamburger Bun
611 Bagged Baby Carrots **OR**
524 Harvest Pumpkin Hummus **OR**
545 Cranberry Orange Hummus
670 Fresh Fruit

289 Pancakes with Sausage **OR** **19**
272 Four Cheese Panini
634 Hash Browns
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

271 Spaghetti with Meatballs **OR** **26**
273 Rotini Bake
647 Dole Mandarin Oranges
903 Maple Biscuit **OR**
901 Honey Biscuit

TUESDAY

200 Hamburger **OR** **6**
201 Cheeseburger
634 Hash Browns
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

269 Mini Corn Dog with Chicken Nuggets & Potato Rounds & 904 Wheat Bread **OR** **13**
204 Chicken Parmesan & 914 Hamburger Bun
624 Garlic Butter Green Beans
749 Apple Cherry Juice

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR** **20**
282 Chicken Fries with Tri-Tators
611 Bagged Baby Carrots
670 Fresh Fruit
991 “Despicable Me” Honey Grahams

234 Chicken Tenders with Potato Wedges **OR** **27**
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
631 Cherry Star Vegetable Juice
695 Strawberry & Mango Sidekick

WEDNESDAY

233 Popcorn Chicken with Sweet & Sour Broccoli **OR** **7**
234 Chicken Tenders with Potato Wedges
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
991 “Despicable Me” Honey Grahams

211 Sloppy Joes **OR** **14**
294 Meatballs with Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun **OR**
907 Hot Dog Bun

200 Hamburger **OR** **21**
201 Cheeseburger
524 Corn Cobbette **OR**
636 Fiesta Corn
603 Maple Baked Beans
752 Fruit Punch Juice
914 Hamburger Bun

264 4x6” Cheese Pizza **OR** **28**
263 5” Round Cheese Pizza
634 Hash Browns
749 Apple Cherry Juice

THURSDAY

273 Rotini Bake **OR** **8**
292 Wheat Penne Pasta
749 Apple Cherry Juice
903 Maple Biscuit **OR**
901 Honey Biscuit

205 Popcorn Chicken **15**
708 Romaine Salad with Spinach & Chickpeas
648 Orange Wedges
993 Shamrock Cookie

265 Chicken Ranch Flatbread Pizza **OR** **22**
262 Ranchero Beef Pizza
706 Romaine Salad with Cherry Tomatoes
653 Fresh Mango
990 Chocolate Chip Cookie

HOLY THURSDAY

FRIDAY

203 Mac & Cheese **OR** **9**
208 Fish Fillet
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
901 Honey Biscuit **OR**
914 Hamburger Bun

264 4x6” Cheese Pizza **OR** **16**
263 5” Round Cheese Pizza
634 Hash Browns
685 “Luck O’ The Ice” Water Ice

255 Cheese Stuffed Breadsticks **23**
622 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit

GOOD FRIDAY



March 2018

Dear Parents, Caregivers, and Students,

Happy National Nutrition Month®! This March, Nutritional Development Services encourages you to take time to learn more about what you're eating and how you can reduce food waste! NDS is also excited to celebrate National School Breakfast Week from March 5th-9th!

I  SCHOOL BREAKFAST

-NDS Staff

This year National Nutrition Month® is celebrated with the theme Go Further with Food.

This year we want to work on reducing food waste. The school lunch program follows an Offer vs Serve system where students may select what components they would like to eat. The Offer vs Serve system has students choose only foods they would like to eat and is one way the lunch program is working to reduce food waste. Below are a few ways to reduce your food waste in your own homes.

- Cook and eat foods you have at home before buying more. Try stir fries, casseroles, soups and smoothies to use any extra or left over food items.
- For produce that is over ripe, try cooking these items into a dinner or dessert to stretch their use and prevent throwing them out.
- Plan your meals before going to the store and only buy the food you need for those meals.



Prayer Corner

Lord, open our eyes to see the needs of others.

Open our ears to hear your call to share.

Open our hearts to welcome all people to the table of love.

Amen.

Happy National Nutrition Month®!

Learn About Vitamins & Minerals

Calcium	Important for strong teeth and bones	<ul style="list-style-type: none"> * Milk and dairy products * Broccoli * Fortified soy milk 
Iron	Important for bringing oxygen to all parts of the body	<ul style="list-style-type: none"> * Leafy green vegetables * Beans * Red meat 
Vitamin A	Important for healthy eyes and skin	<ul style="list-style-type: none"> * Sweet potatoes * Carrots * Eggs 
Vitamin C	Important for a healthy immune system so you don't get sick!	<ul style="list-style-type: none"> * Citrus fruit * Berries * Tomatoes 



National School Breakfast week

March 5th—9th #NSBW18

The National School Breakfast Program feeds over 14 million students every school day! Students who eat School Breakfast are more likely to have better concentration and memory! At your school, the Breakfast program is free to every student so don't forget to fuel up before school!



Do you love School Breakfast? Take the quiz to find out!

I eat a healthy breakfast _____.

Every school day (5 points) Some school days (3 points) Once a week (1 point) Never (0 points)

I eat a school breakfast _____.

Every school day (5 points) Some school days (3 points) Once a week (1 point) Never (0 points)

I _____ do better in school when I eat school breakfast.

Always (5 points) Sometimes (3 points) Never (0 points)

Total up your points to see if you LOVE School Breakfast! If you scored an 8 or higher you LOVE School Breakfast!