

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**
 272 Four Cheese Panini
 634 Hash Brown
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit

30

Tuesday

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

1

Wednesday

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

2

Thursday

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

3

Friday

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

4

271 Spaghetti & Meatballs **OR**
 273 Rotini Bake
 670 Fresh Fruit
 903 Maple Biscuit **OR**
 901 Honey Biscuit

7

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

8

219 Turkey Pepperoni Pinwheel **OR**
 263 5” Round Cheese Pizza
 611 Bagged Baby Carrots
 541 Chocolate Hummus **OR**
 542 Harvest Pumpkin Hummus
 670 Fresh Fruit

9

233 Popcorn Chicken with Sweet & Sour Broccoli **OR**
 276 BBQ Chicken Fajitas
 708 Romaine Salad with Spinach & Chickpeas
 640 Red Seedless Grapes
 901 Honey Biscuit **OR**
 910 Ciabatta Bread

10

281 Salisbury Steak with Gravy **OR**
 201 Cheeseburger
 610 Mashed Potatoes
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 904 Wheat Bread **OR**
 914 Hamburger Bun

11

211 Sloppy Joe **OR**
 220 Taco Meat
 626 Sweet Garlic Peas
 670 Fresh Fruit
 900 Panini Bread **OR**
 914 Hamburger Bun
 932 Cinnamon Scooby Snacks

14

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

15

205 Popcorn Chicken
 704 French Fries
 685 “Happy Birthday” Water Ice
 992 Oatmeal Cookie

16

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

17

223 Veggie Pinwheel **OR**
 252 Cheeseburger Mac
 706 Romaine Salad with Cherry Tomatoes
 670 Fresh Fruit
 929 Cinnamon Elf Grahams

18

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

21

273 Rotini Bake **OR**
 292 Penne Pasta with Meat Sauce
 750 Apple Juice
 901 Honey Biscuit **OR**
 908 Dinner Roll

22

213 Chicken Taco & 914 Hamburger Bun **OR**
 264 4x6” Cheese Pizza
 634 Hash Browns
 697 Bagged Sliced Apples

23

251 Chicken Nuggets **OR**
 207 Rib-B-Que & 914 Hamburger Bun
 708 Romaine Salad with Spinach & Chickpeas
 641 Fresh Cut Pineapple
 932 Cinnamon Scooby Snacks

24

226 Philly Cheesesteak Pinwheel **OR**
 272 Four Cheese Panini
 622 Marinara Sauce
 635 Calypso Crush Vegetable Juice
 670 Fresh Fruit
 990 Chocolate Chip Cookie

25



28

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR**
 282 Chicken Fries with Tri-Tators
 603 Maple Baked Beans
 647 Dole Mandarin Orange Cup

29

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

30

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

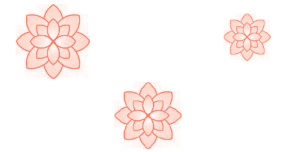
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265 Chicken Ranch Flatbread **OR**
 227 BBQ Chicken & Cheese Wrap
 706 Romaine Salad with Cherry Tomatoes
 670 Fresh Fruit
 992 Oatmeal Cookie

1



May 2018



Dear Parents, Caregivers and Students,

This month is Better Sleep Month! Take the month of May to work on your sleep habits to help you get the best quality sleep that you can get! Also, May 4th is School Lunch Hero Day! NDS is excited to celebrate the many people who help to feed school children everyday!

NDS Staff

Better Sleep Month

May is National Better Sleep Month!



- Sleep is important for growth and everyday functioning.
- When you sleep your brain is working to build your memory and properly store all of the information you learned the day before.
- Getting adequate sleep allows you to stay alert and focused all day.
- Sleeping well and eating well are both important for a healthy lifestyle.



Avoid eating and drinking right before bed to allow your body to fully rest.



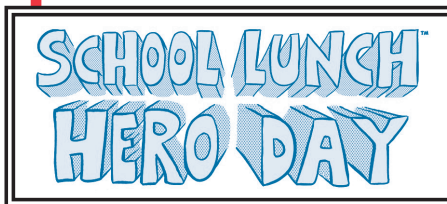
Try to turn off all electronics 30 minutes before bedtime.



Make your bedroom a relaxing space at bed time. Reading or listening to soft music can help you relax.

May 4, 2018 is School Lunch Hero Day!

Each and every day, children all over the country are served two vital meals during their school day. Who is responsible for this essential task? The School Lunch Heroes! School Lunch Heroes are the women and men who work hard everyday and feed the students nutritious meals that help them grow strong. NDS is proud to work with these amazing women and men and would like to recognize them for all that they do for their school.



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 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: 855-252-MEAL (6325)
- Text "FOOD" to 877877
- Visit the searchable map at www.phillysummermeals.org

Prayer Corner

Lord Jesus, we remember Your mother, Mary, who loved You. Please bless our mothers, grandmothers and all the women who care for us. Please let Your mother love them too. Amen

