

June 2018

“Eat healthy meals every day to help you learn in an awesome way.”
– Winning slogan by Abigail 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** **4**
272 Four Cheese Panini
634 Hash Brown
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

Tuesday

253 Hot Dog with French Fries & 907 Hot Dog Bun **OR** **5**
234 Chicken Tenders with Potato Wedges
611 Bagged Baby Carrots
670 Fresh Fruit
991 Despicable Me Honey Grahams

Wednesday

200 Hamburger **OR** **6**
201 Cheeseburger
636 Fiesta Corn
603 Maple Baked Beans
752 Fruit Punch Juice
914 Hamburger Bun

Thursday

265 Chicken Ranch Flatbread **OR** **7**
262 Ranchero Beef Pizza
706 Romaine Salad with Cherry Tomatoes
749 Apple Cherry Juice
990 Chocolate Chip Cookie

Friday

255 Cheese Stuffed Breadsticks **8**
622 Marinara Sauce
631 Cherry Star Vegetable Juice
670 Fresh Fruit

271 Spaghetti & Meatballs **OR** **11**
273 Rotini Bake
670 Fresh Fruit
903 Maple Biscuit **OR**
901 Honey Biscuit

234 Chicken Tenders with Potato Wedges **OR** **12**
269 Mini Corn Dog with Chicken Nuggets & Potato Rounds
631 Cherry Star Vegetable Juice
695 Strawberry Mango Sidekick

219 Turkey Pepperoni Pinwheel **OR** **13**
263 5" Round Cheese Pizza
611 Bagged Baby Carrots
541 Chocolate Hummus **OR**
542 Harvest Pumpkin Hummus
670 Fresh Fruit

233 Popcorn Chicken with Sweet & Sour Broccoli **OR** **14**
276 BBQ Chicken Fajitas & 914 Hamburger Bun
708 Romaine Salad with Spinach & Chickpeas
640 Red Seedless Grapes

281 Salisbury Steak with Gravy **OR** **15**
286 Meatloaf with Gravy
634 Hash Brown
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
914 Hamburger Bun

203 Macaroni & Cheese **OR** **18**
626 Sweet Garlic Peas
631 Cherry Star Vegetable Juice
670 Fresh Fruit
901 Honey Biscuit **OR**
903 Maple Biscuit

210 Crispy Chicken Fillet **OR** **19**
217 Teriyaki Chicken with Rice
635 Calypso Crush Vegetable Juice
624 Garlic Green Beans
670 Fresh Fruit
914 Hamburger Bun

205 Popcorn Chicken **OR** **20**
704 French Fries
685 "Happy Birthday" Water Ice
992 Oatmeal Cookie

253 Hot Dog with French Fries **OR** **21**
603 Maple Baked Beans
670 Fresh Fruit
907 Hot Dog Bun

223 Veggie Pinwheel **OR** **22**
252 Cheeseburger Macaroni
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
929 Cinnamon Elf Grahams

234 Chicken Tenders with Potato Wedges **OR** **25**
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

273 Rotini Bake **OR** **26**
292 Penne Pasta with Meat Sauce
750 Apple Juice
901 Honey Biscuit **OR**
908 Dinner Roll

213 Chicken Taco **OR** **27**
264 4x6" Cheese Pizza
634 Hash Browns
697 Bagged Sliced Apples

251 Chicken Nuggets **OR** **28**
207 Rib-B-Que & 914 Hamburger Bun
708 Romaine Salad with Spinach & Chickpeas
641 Fresh Cut Pineapple
932 Cinnamon Scooby Snacks

226 Philly Cheesesteak Pinwheel **OR** **29**
272 Four Cheese Panini
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit
990 Chocolate Chip Cookie



June 2018



Dear Parents, Caregivers and Students,

As the school year comes to a close, NDS hopes that you have some fun activities planned over the summer. June is National Fresh Fruit and Vegetable Month and we have some tips for adding more fruits and vegetables into your week! Additionally, we are encouraging our families to check out a Summer Meals Program site in their area. We hope everyone has a happy and safe summer! We'll see you next year! ~NDS Staff



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 a snack. Call 215-895-3470 option 1 to learn more!

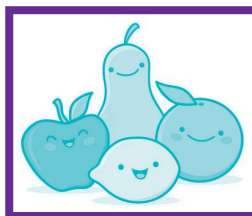
How do I find my nearest summer meals site?

Starting in June when school is out, you can:

- Call the toll-free Philly Summer Meals Hotline: 1-855-252-MEAL (6325)
- Text "FOOD" to 877877
- Visit the searchable map at www.phillysummermeals.org

Prayer Corner

Lord, thank You for this school year that is ending. Thank You for the teachers who taught us new things and the new friends we made. Please keep us all safe this summer while we are away and give us new friends to share the summer fun. Thank You Jesus!



Fresh Fruit and Vegetable Month!

Fruit and vegetables are an important part of a healthy diet. They are filled with many nutrients that our bodies need! Here are 5 ways that you can incorporate more fruits and vegetables into your week!

- *The more the merrier!* Purchase fresh, frozen and canned fruits and vegetables. All of these options are nutritious!
- *Keep an eye on your produce!* Having your fruits and vegetables out in the open on a counter or table can help increase how much you eat them, because they will be the first thing you see when you're ready to snack!
- *Running late?* Make a smoothie with some fruits and even a vegetable or two for you to take on the go!
- *Be prepared!* When you have a few minutes to spare, cut up your fresh produce and pack them in snack sized bags. Keep these in the refrigerator until you need them.
- *Vary your presentation!* Is your family getting tired of a certain fruit or vegetable? Try cooking it another way. Instead of boiling broccoli or Brussels sprouts, see if you enjoy them roasted with a little bit of oil and herbs. The cooking method might change your family's minds!

