



JANUARY 2019

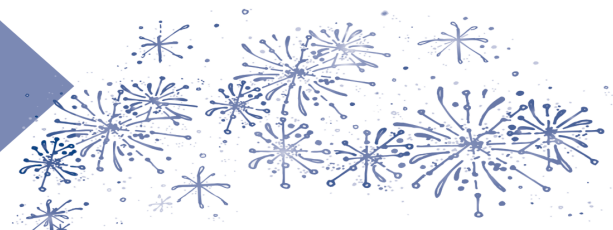
“Healthy eating = happy living.”— Winning Slogan by Morgan Hicks, grade 6
From From St. Peter the Apostle School

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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <i>Happy New Year</i>			
7 253 Hot Dogs with French Fries OR 294 Meatballs with Tomato Sauce 631 Cherry Star Vegetable Juice 689 Orange Mango Applesauce 907 Hot Dog Bun	8 277 Arroz Con Pollo OR 274 Curly Cheesy Lasagna 695 Strawberry-Mango Sidekick 908 Dinner Roll OR 903 Maple Biscuit	9 200 Hamburger OR 201 Cheeseburger 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 670 Fresh Fruit 914 Hamburger Bun	10 272 Four Cheese Panini OR 262 Ranchero Beef Pizza 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice	11 275 BBQ Chicken Filet OR 207 Rib-B-Que 611 Bagged Baby Carrots 541 Chocolate Hummus OR 546 Cheesy Pizza Hummus 670 Fresh Fruit 914 Hamburger Bun
14 255 Cheese Stuffed Breadsticks 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks	15 278 Chicken Jambalaya & 929 Cinnamon Elf Grahams OR 204 Chicken Parmesan & 914 Hamburger Bun OR 910 Ciabatta Bread 623 Broccoli 670 Fresh Fruit	16 252 Cheeseburger Macaroni OR 217 Terriyaki Chicken with Brown Rice 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 670 Fresh Fruit 908 Dinner Roll OR 901 Honey Biscuit	17 215 Beef & Cheese Taco OR 218 Mozzarellas Pinwheel 611 Bagged Baby Carrots 540 Garlic Hummus OR 545 Cranberry Orange Hummus 670 Fresh Fruit	18 251 Chicken Nuggets OR 205 Popcorn Chicken 704 French Fries 749 Apple-Cherry Juice 990 Chocolate Chip Cookie
21 <i>Martin Luther King Jr. Day</i>	22 210 Crispy Chicken Filet & 914 Hamburger Bun OR 217 Terriyaki Chicken with Brown Rice & 908 Dinner Roll OR 901 Honey Biscuit 611 Bagged Baby Carrots 603 Maple Baked Beans 689 Orange Mango Applesauce	23 281 Salisbury Steak with Gravy OR 286 Meatloaf with Gravy 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 904 Wheat Bread (2 slices)	24 263 5" Round Cheese Pizza OR 264 4 x 6" Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice	25 253 Hot Dog with French Fries OR 294 Meatballs with Sauce 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 907 Hot Dog Bun
28 215 Beef & Cheese Taco OR 265 Chicken Ranch Flatbread 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 620 Salsa 941 Tostitos Scoops	29 205 Popcorn Chicken 704 French Fries 752 Fruit Punch Juice 932 Cinnamon Scooby Snacks	30 204 Chicken Parmesan & 914 Hamburger Bun OR 224 Chicken Nuggets with Sweet Potatoes 635 Calypso Crush Vegetable Juice 670 Fresh Fruit	31 272 Four Cheese Panini OR 223 Veggie Pinwheel 708 Romaine Salad with Spinach & Chickpeas 749 Apple-Cherry Juice 932 Cinnamon Scooby Snacks	1 200 Hamburger OR 201 Cheeseburger 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 695 Strawberry-Mango Sidekick 914 Hamburger Bun



JANUARY 2019



Dear Parents, Caregivers, and Students,

Welcome to the New Year! During the month of January, many New Year's resolutions are made. Below you will find some health focused ideas for your resolution. Also in January NDS kicks off the Annual Placemat Contest! Details for this creative contest can be found on the right hand side of the page. NDS is excited to share this time with you!

NDS Staff

Wellness Goals for the New Year!

Have you ever made a New Year's resolution? Have you ever made your resolution about your health? Below are some ideas for health related resolutions to try out in 2019!

- 1. Staying Hydrated:** Water hydrates our bodies and it carries nutrients to our cells. Making sure our bodies are fully hydrated all year round is a great resolution!
- 2. Trying New Fruits and Vegetables:** Fruits and veggies are a great source of vitamins and minerals. Eating a variety and trying fruits and vegetables ensures that kids get all the nutrients they need!
- 3. Sleeping Well:** School-aged children need between 9 and 11 hours of sleep. Sleep is as important as nutrition and exercise. Sleeping well is another healthful New Year's

NDS is looking for individuals who are interested in helping us update our wellness policy. Please contact Brooke Mullen for more information at bmullen@ndsarch.org

PRAYER CORNER

Lord God help us begin this new year with joy, peace and excitement. Please help us to do well in our studies and bless us with new friends who will share with us the blessings You give that are new each day. Amen.



Nutritional Development Services

Placemat Contest 2019-20

NDS is holding a Placemat Contest! Students are invited to submit original artwork that encourages healthy eating & physical activity and/or promotes School Lunch or Breakfast.

— Enter by January 18! —

Mail entries to NDS or email to Corina Abell at cabell@ndsarch.org

Three finalists from each grade category will advance to the voting phase, and voters will “like” their favorite placement in each grade category.

Vote on www.Facebook.com/NdsSchoolLunchProgram from January 22 to February 1. One winner with the most “likes” will be picked from each of the following grade categories: K—2nd; 3rd—6th; 7th—12th

The three winners will have their artwork turned into placemats that will be used throughout the Archdiocese!

The three winners and each of their schools will also receive \$50 gift certificates. Ten outstanding slogan winners will receive a \$10 gift certificate and the chance to see their slogan on the front of our menus during the 2019-20 school year!