

Monday	Tuesday	Wednesday	Thursday	Friday
MEMORIAL DAY 30	289 Pancakes with Sausage 31 634 Hash Browns 630 Dragon Punch Vegetable Juice 659 Watermelon Craisins	269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 1 611 Bagged Baby Carrots 541 Chocolate Hummus 645 Dole Pineapple Cup	200 Hamburger 2 708 Romaine Salad with Spinach & Chickpeas 752 Fruit Punch Juice 915 Hamburger Bun	255 Cheese Stuffed Breadsticks 3 622 Marinara Sauce 631 Cherry Star Vegetable Juice 684 Mixed Berry Applesauce
210 Crispy Chicken Filet 6 623 Broccoli 631 Cherry Star Vegetable Juice 697 Bagged Sliced Apples 915 Hamburger Bun	271 Spaghetti & Meatballs 7 659 Watermelon Craisins 903 Maple Biscuit	234 Chicken Tenders with Potato Wedges 8 611 Bagged Baby Carrots 645 Dole Pineapple Cup 932 Cinnamon Scooby Snacks	253 Hot Dog with French Fries 9 603 Maple Baked Beans 608 Dole Tropical Fruit Cup 906 Hot Dog Bun	263 5" Round Cheese Pizza 10 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 990 Chocolate Chip Cookie
205 Popcorn Chicken 13 630 Dragon Punch Vegetable Juice 611 Bagged Baby Carrots 690 Apple Crisps 990 Chocolate Chip Cookie	215 Beef & Cheese Taco 14 620 Salsa 639 Corn 749 Apple-Cherry Juice 941 Tostitos Scoops	268 French Bread Cheese Pizza 15 623 Broccoli 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup	253 Hot Dog with French Fries 16 603 Maple Baked Beans 694 Kiwi Strawberry Sidekick 906 Hot Dog Bun	217 Teriyaki Chicken with Brown Rice 17 624 Garlic Green Beans 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 909 Dinner Roll
20	21	22	23	24
ENJOY YOUR SUMMER!				
27	28	29		



June 2022



Dear Parents and Students,

Welcome Summer! While school is out remember to exercise daily, stay hydrated by drinking water frequently and enjoy summer fruits and vegetables. During the summer break, students do not have access to school breakfast and lunch meals. To fill this gap, hundreds of locations in Philadelphia and surrounding counties fill this gap by offering free breakfast and lunch to children and teens ages 18 and under.

 **Starting in June text FOOD or COMIDA** 
 **to 304-304 to locate a summer meals** 
site near you.

Nutritional Development Services partners with many organizations in Philadelphia, Bucks, Chester, Delaware and Montgomery counties to provide summer meals at no cost when school is out. If you would like to become a summer partner call 215-895-3470. -NDS Staff



Summer Meals Program for Children

Kids and Teens EAT FREE ALL Summer—
 When School is Out Summer Meals are In!



Starting in June **text FOOD or COMIDA TO 304-304** to find a summer meals site near you.



Visit your local summer meals site for a nutritious meals at no cost for children and teens ages 18 and under!



No paperwork. No ID needed.

Enjoy Summer Fruits and Vegetables



The more the merrier! - Purchase fresh, frozen and canned fruits and veggies. All of these options are delicious and nutritious.



Be prepared! - When you have a few minutes to spare, cut up your fresh produce and pack them in snack sized bags. Keep in the refrigerator until you need them.



Vary your presentation! - Tired of the same produce? Try preparing it in different way. Trying adding a popsicle Stick to your peeled banana and freeze for a cool treat! Cut fruit into shapes or blend for a cool smoothie on a hot day!