



FEBRUARY 2023

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, all items are pork-free.

Monday

283 Chicken Tenders with Corn **6**
OR
281 Popcorn Chicken with Roasted Potatoes
541 Chocolate Hummus
749 Apple Cherry Juice
932 Cinnamon Scooby Snacks

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **13**
OR
286 Penne Pasta with Meat Sauce, Cheese & Vegetable Blend
630 Dragon Punch Vegetable Juice
609 Dole Mixed Fruit Cup
903 Maple Biscuits

283 Chicken Tenders with Corn **20**
OR
281 Popcorn Chicken with Roasted Potatoes
620 Salsa
752 Fruit Punch Juice
941 Tostitos Scoops

293 Parmesan Chicken with Green Beans & 915 Hamburger Bun **27**
OR
282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

Tuesday

297 Chicken & Vegetable Dumplings with Green Beans **7**
OR
282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
908 Dinner Rolls

215 Taco Stick & 620 Salsa **14**
256 Cheese Stuffed Breadsticks **OR**
242 Chicken Turkey Ham & Cheese Wedge
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
658 Cherry Craisins
941 Tostitos ScoopS

273 Swedish Meatballs with Noodles & Broccoli **21**
OR
282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
611 Bagged Baby Carrots
659 Watermelon Craisins
928 Goldfish Pretzels

225 Ciabatta Cheese Melt **28**
253 Cheese Stuffed Breadsticks **OR**
227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich
622 Marinara Sauce
611 Bagged Baby Carrots
691 Strawberry Apple Crisps

Wednesday

268 French Bread Pizza **8**
OR
263 5" Round Cheese Pizza
611 Bagged Baby Carrots
647 Dole Mandarin Orange Cup

298 Turkey Chili with Italian Vegetables **15**
OR
295 Meatloaf with Gravy with Mashed Potatoes
611 Bagged Baby Carrots
685 Rosati Water Ice
993 Holiday Cookie

274 Toasted Cheese Sandwich **22**
OR
218 Mozzarella Pinwheel
622 Marinara Sauce
631 Cherry Star Vegetable Juice
649 Dole Orange Gello Bowl

281 Popcorn Chicken with Roasted Potatoes & 932 Cinnamon Scooby Snacks **1**
OR
280 Hamburger with Green Buns & 915 Hamburger Bun
541 Chocolate Hummus
750 Apple Juice

Thursday



202 Cheeseburger on a Bun **9**
OR
221 Two Cheese Chicken Quesadilla
604 Baked Beans
752 Fruit Punch Juice

288 Mac & Cheese with Broccoli **16**
OR
284 Chicken Alfredo with Penne Pasta & Broccoli
540 Garlic Hummus
670 Fresh Fruit
942 Sunchips

280 Hamburger with Green Beans **23**
OR
295 Meatloaf with Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
915 Hamburger Bun

215 Taco Stick **2**
252 Turkey Hot Dog with Bun **OR**
228 Turkey Ham & Cheese Sub
620 Salsa
633 Sunset Sip Vegetable Juice
608 Dole Tropical Fruit Cup
941 Tostito Scoops

Friday

284 Chicken Alfredo with Penne Pasta & Broccoli **10**
OR
273 Swedish Meatballs with Noodles & Broccoli
631 Cherry Star Vegetable Juice
659 Watermelon Craisins
990 Chocolate Chip Cookie

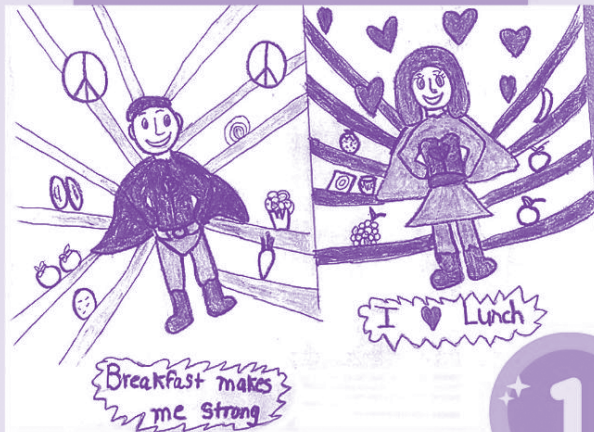
264 4x6 Cheese Pizza **17**
OR
268 French Bread Pizza
OR
228 Turkey Ham & Cheese Sub
708 Romaine Salad with Spinach & Chickpeas
753 Orange Juice

268 French Bread Pizza **24**
OR
264 4x6 Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
749 Apple Cherry Juice

263 5" Round Cheese Pizza **3**
OR
268 French Bread Pizza
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit
992 Oatmeal Cookie

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.

**NDS Placemat Contest
Winner for Grades 3-6**



Jose from St. Anthony of Padua
Regional Catholic School

Winners from Grades 7-12 will be
featured on the March menu. Don't
miss it!

Wellness Corner

- Step it Up: Try a pedometer or step-counting app on your phone to see how many steps you walk in a day. Compare with friends and see who can get the most.
- Speed It Up: Fast walking, wheelchair walking and swimming, can all be good for your heart. Don't forget to stretch first!

FEBRUARY 2023

Dear Parents, Caregivers & Students,

February is Heart Health Month! We use this opportunity to learn about the heart and how foods and physical activity, can impact cardiovascular health:

- Foods that are rich in Omega-3 fatty acids like salmon, walnuts, chia seeds and flax seeds are beneficial for your heart.
- Eating 1-2 servings of seafood per week can reduce risks of congestive heart failure.
- Phytochemicals present in certain fruits like strawberries, have cardiovascular protective benefits.

Prayer Corner

Lord, we thank you for continuing to be merciful to us. Please help us to take care of our hearts and minds so that we can thrive. Amen.