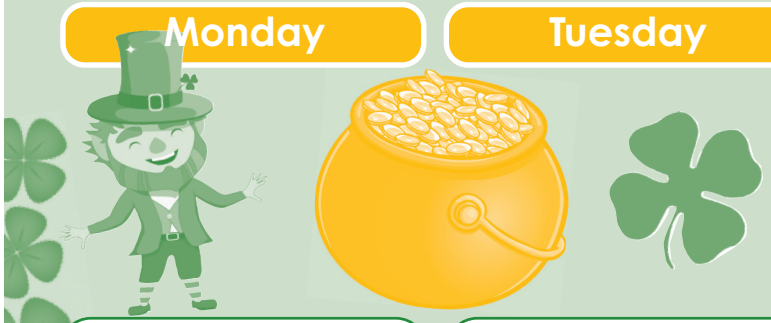
LUNCH

March 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	Tuesday	Wednesday	Thursday	Friday
		**1**	**2**	**3**
6 298 Turkey Chili with Italian Vegetables **OR** 293 Parmesan Popcorn Chicken with Green Beans 620 Salsa 752 Fruit Punch Juice 941 Tostito Scoops	**7** 295 Meatloaf with Mashed Potatoes **OR** 280 Hamburger with Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 901 Honey Biscuit	**8** 202 Cheeseburger with Bun **OR** 226 Philly Cheesesteak Pinwheel 703 Roasted Potatoes 670 Fresh Fruit 990 Chocolate Chip Cookie	**9** 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **OR** 228 Turkey Ham & Cheese Sub 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 659 Watermelon Craisins 909 Dinner Roll	**10** 256 Cheese Stuffed Breadsticks & 622 Marinara **OR** 268 French Bread Pizza **OR** 227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich 708 Romaine Salad with Spinach & Chickpeas 648 Dole Strawberry Gello Bowl
13 273 Swedish Meatballs with Broccoli **OR** 288 Mac & Cheese with Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 909 Dinner Roll	**14** 281 Popcorn Chicken with Roasted Potatoes **OR** 283 Chicken Tenders with Corn 611 Bagged Baby Carrots 749 Apple Cherry Juice	**15** 286 Penne Pasta with Meat Sauce & Italian Vegetables **OR** 284 Chicken Alfredo with Penne Pasta & Broccoli 630 Dragon Punch Vegetable Juice 684 Mixed Berry Applesauce	**16** 277 Chicken Fajita Bowl with Rice, Blacked Beans & Tomatoes 686 Rosati Water Ice 993 Holiday Cookie	**17** 264 4x6 Cheese Pizza **OR** 263 Round Cheese Pizza **OR** 242 Chicken Turkey Ham & Cheese Wedge 706 Romaine Salad with Cherry Tomatoes 750 Apple Juice 992 Oatmeal Cookie
20 283 Chicken Tenders with Corn **OR** 281 Popcorn Chicken with Roasted Potatoes 541 Chocolate Hummus 749 Apple Cherry Juice 932 Cinnamon Scooby Snacks	**21** 297 Chicken & Vegetable Dumplings with Green Beans **OR** 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 909 Dinner Roll	**22** 284 Chicken Alfredo with Penne Pasta & Broccoli **OR** 273 Swedish Meatballs with Noodles & Broccoli 631 Cherry Star Vegetable Juice 659 Watermelon Craisins 990 Chocolate Chip Cookie	**23** 202 Cheeseburger on a Bun **OR** 221 Two Cheese Chicken Quesadilla 604 Baked Beans 752 Fruit Punch Juice	**24** 268 French Bread Pizza **OR** 263 5" Round Cheese Pizza 611 Bagged Baby Carrots 647 Dole Mandarin Oranges
27 282 BBQ Popcorn Chicken with Sweet Mashed Potatoes **OR** 286 Penne Pasta with Meat Sauce & Italian Vegetables 630 Dragon Punch Vegetable Juice 609 Dole Mixed Fruit Cup 903 Maple Biscuit	**28** 215 Taco Stick & 620 Salsa **OR** 253 Cheese Stuffed Breadsticks & 622 Marinara Sauce OR 242 Chicken Turkey Ham & Cheese Wedge & 620 Salsa 633 Sunset Sip Vegetable Juice 658 Cherry Craisins 941 Tostito Scoops	**29** 298 Turkey Chili with Italian Vegetables **OR** 295 Meatloaf with Gravy & Mashed Potatoes 611 Bagged Baby Carrots 685 Rosati Water Ice 993 Holiday Cookie	**30** 288 Mac & Cheese with Broccoli **OR** 284 Chicken Alfredo with Penne Pasta & Broccoli 540 Garlic Hummus 670 Fresh Fruit 942 Sunchips	**31** 264 4x6 Cheese Pizza **OR** 268 French Bread Pizza **OR** 228 Turkey Ham & Cheese Sub 708 Romaine Salad with Spinach & Chickpeas 753 Orange Juice

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.

MARCH 2023

NDS Placemat Contest Winner for Grades 7-12

Kayla from Christopher Columbus Charter School

Thank you to everyone who participated!

Wellness Corner

- **Be prepared:** pack your backpack with good-for-you snacks so you're not tempted to buy less healthy options.
- **Shake Things Up:** try mixing your favorite fruits (and vegetables), into a nutritious smoothie.

Dear Parents, Caregivers & Students

March is National Nutrition Month! Challenge students to learn about a new food every day of the month. Have a conversation about where their food comes from and how it's grown. Don't forget the tasting part!

March's Monthly Harvest is **Dairy!** Dairy is a rich source of Calcium and Vitamin D. Try making your own yogurt pops!

Yogurt Pops (Courtesy of PA Eats)

- Yogurt
- Berries, fresh or frozen
- Popsicle sticks

1. In a medium bowl, stir yogurt and berries together.
2. Pour contents into popsicle mold or ice cube tray. Insert popsicle sticks at least 3/4 of the way into the mold or tray.
3. Put in freezer for 4 hours, or until pops are solid. To remove, run warm water over popsicle mold or ice tray to help loosen the pops.

Word Scramble: Unscramble the following words

1.urtfi _____ 2. okgiocn _____ 3. vsahtre _____ 4. tunnitiro _____
5. mreraf _____ 6. efrtsbaka _____ 7. crixeees _____

Prayer Corner

Lord, we thank you for the variety of foods that you allow to grow from the ground. Bless us with more knowledge of how we can live a healthier life. Amen.

Word Scramble Answers
1.fruit, 2. cooking, 3. harvest, 4. nutrition, 5. farmer, 6. breakfast, 7. exercise