



JUNE 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

273 Swedish Meatballs with Noodles & Broccoli

5

OR

288 Mac & Cheese with Broccoli
631 Cherry Star Vegetable Juice
670 Fresh Fruit
909 Dinner Roll

281 Popcorn Chicken with Roasted Potatoes

6

OR

283 Chicken Tenders with Corn
611 Bagged Baby Carrots
749 Apple Cherry Juice

286 Penne Pasta with Meat Sauce & Italian Vegetables

7

OR

284 Chicken Alfredo with Penne Pasta & Broccoli
630 Dragon Punch Vegetable Juice
684 Mixed Berry Applesauce

277 Chicken Fajita Bowl with Black Beans & Tomatoes

8

670 Fresh Fruit
932 Cinnamon Scooby Snacks

264 4x6 Cheese Pizza

OR

9

263 5" Round Cheese Pizza
242 Chicken, Turkey Ham & Cheese Wedge
706 Romaine Salad with Cherry Tomatoes
750 Apple Juice
992 Oatmeal Cookie

283 Chicken Tenders with Corn

12

OR

281 Popcorn Chicken with Roasted Potatoes
541 Chocolate Hummus
749 Apple Cherry Juice
932 Cinnamon Scooby Snacks

297 Chicken & Vegetable Dumplings with Green Beans

13

OR

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
908 Dinner Roll

268 French Bread Pizza

14

OR

263 5" Round Cheese Pizza
611 Bagged Baby Carrots
647 Dole Mandarin Orange Cup

202 Cheeseburger on a Bun

15

OR

221 Two Cheese Chicken Quesadilla
604 Baked Beans
752 Fruit Punch Juice

284 Chicken Alfredo with Penne Pasta & Broccoli

16

OR

273 Swedish Meatballs with Noodles & Broccoli
631 Cherry Star Vegetable Juice
659 Watermelon Craisins
990 Chocolate Chip Cookie

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HAVE A GREAT SUMMER!

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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.

How many seashells can you
find on the back of this menu?

June 2023

Wellness Corner

- Spice up ice cubes by putting fruit pieces in the ice cube tray.
- Be careful when outside in the sun for long periods of time. Wear a wide brim hat and protective clothing. Sunscreen should be applied before going out and every 2 hours.

Ice Cream Dream

Draw your favorite kind of ice cream on a cone. Don't forget toppings!



Dear Parents, Caregivers & Students,

Summer is finally here! It has been a productive year and we all want it to continue even through our break from school. Now is the time to set up plans for the summer by enrolling in a camp or other activities. Check out site near you. We hope to see you all back in class in the fall.

Mason Jar Meals

Layer ingredients for a convenient and nutritious dip or salad. Try the dip below or get creative with your own concoction. Don't forget the tortilla chips!

2 tablespoons extra-virgin olive oil
Can of no-salt-added black beans, rinsed
fresh salsa,
1 cup whole-milk plain Greek yogurt
Diced avocado
1 tablespoon lime juice
Shredded pepper Jack cheese
Tomato



Prayer Corner

Lord, thank you for getting us through another school year.
Help us to not forget the things we have
learned and keep us safe until
we come back together in the fall. Amen.