

Summer Splash

July 2023: Vol. 3



Looking for summer meals?



Scan or click [here](#) to view our meal site map

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WELCOME BACK!

Welcome back to another issue of the NDS Summer Meals Program Summer Splash Newsletter. We hope your program has been running smoothly and successfully so far. Remember, don't hesitate to call [215-895-3740](tel:215-895-3740), Option 1 with any questions.

Thank you again for your partnership in the Summer Meals Program!

Please fill out the meal surveys linked here. We appreciate your feedback!



[Breakfast](#) Survey



[Lunch](#) Survey

KEEP AN EYE OUT FOR THESE DELICIOUS BREAKFAST AND LUNCH ENTREES COMING UP!

| <u>7/10</u> | <u>7/11</u> | <u>7/12</u> | <u>7/13</u> | <u>7/14</u> |
|---------------------------|--|--|------------------------------------|------------------------------|
| Froot Loop Breakfast Kit | Cinnamon Toast Crunch Cereal Bar Breakfast Kit | NEW! Blueberry Muffin Breakfast Kit | Cheerios Cereal Bar Breakfast Kit | Frosted Flakes Breakfast Kit |
| Turkey Ham and Cheese Sub | Chicken, Turkey Ham, and Cheese Wedge | Turkey Ham, Turkey Pepperoni, and Cheese Sub | Turkey & Two Cheese Wedge Sandwich | NEW! Italian Como Wrap |

MEAL SITE REMINDERS

Serve each child one complete meal and one milk at meal time.

Have a trained staff member fill out and organize POS forms and delivery tickets. Submit field trip forms when necessary.

Take milk temperature after the driver leaves: milk must be received at or below 45°F and stored at 41°F.

Do not take leftover meals home to store: sites without refrigeration cannot serve inventory



Call NDS at (215) 895-3470, option 1 with any questions or concerns

Call NDS before 1:00 pm to change your order for the following day.

COLORFUL FOOD FEATURE: GREEN

Green fruits and vegetables are some of the healthiest foods we can enjoy. These fruits and vegetables are loaded with nutrients such as Vitamin C, fiber, iron and antioxidants.



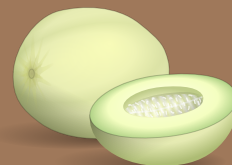
Spinach



Grapes



Broccoli



Honeydew Melon

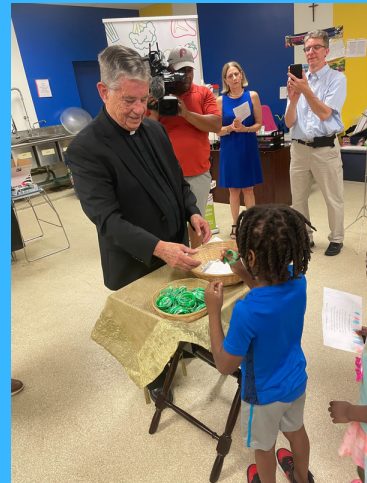


Celery

What other green fruits and vegetables can you think of?

SUMMER KICKOFF BLESSING

On June 29th, NDS celebrated the Summer Kickoff Blessing at St. Malachy Catholic School. Msgr. Sullivan blessed the children and reminded them to be kind. The children represented a subset of the 10,000 children NDS serves. After presenting their kindness commitment, the children received green bracelets that read "kindness counts." The children then enjoyed a delicious and nutritious lunch provided by NDS. Thank you Msgr. Sullivan, Catholic Social Services, and Independent Mission Schools for making this event a success!



Kindness Day is July 12th!

Kindness Day is the perfect way to celebrate kindness in our camp communities and beyond. Remember to use your resources from the summer meals meeting to lead kindness activities at your summer program. Kindness Day is the perfect opportunity to work on kindness projects to submit to the Kindness Contest.

Send photos from your Kindness Day activities to Dave Stier at dsteir@ndsarch.org to be featured in the next Summer Splash and on our social media page!

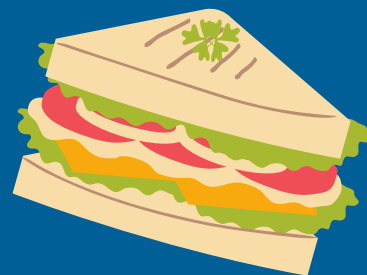
LAST CALL FOR OPERATION KINDNESS CONTEST SUBMISSIONS

Operation Kindness contest submissions are due by **Friday, July 21st**. Remember you can enter the Creative Poster Contest, Creative Kindness Project, or Kindness Calendar Plan. For each contest there will be two winners in the 5-8 age category, and two winners 9 and older, making a total of 12 prizes!

Submit via email to Dave Stier at dstier@ndsarch.org, or by mail to the address on page 4.

NDS MEAL CHOOSE YOUR OWN ADVENTURE

Answer the questions below to find
your perfect NDS meal



Start here

Do you prefer

breakfast or lunch?

Breakfast

Lunch

Do you prefer cereal or muffins?

Cereal

Muffins

Do you prefer cereal
in a bar or bowl?

Bar

Bowl

Chocolate Chip
Muffin Breakfast Kit

Whole Grain Cheese
Waffle Sandwich

Cinnamon Toast
Crunch Cereal
Bar Breakfast Kit

Froot Loops
Breakfast Kit



Do you secretly actually prefer breakfast?

Yes

No

Do you prefer hoagie rolls
or other bread?

Other
bread

Hoagie

Do you prefer pizza or
baked goods?

Pizza

Baked
goods

Italian
Combo Wrap

Chicken, Turkey
Pepperoni, and
Cheese Croissant

Turkey Ham and
Cheese Sub

Check out our daily meal
photos on social media!



@SummerMealsNDS

Nutritional Development Services
222 North 17th Street, Philadelphia, PA 19103
215-895-3740, Option 1
<https://nutritionaldevelopmentservices.org/>