

# SUMMER SPLASH



Vol. 3: July 2024

## IN THIS ISSUE

- Meal highlights
- Unity Contest
- Healthy Menu Feature
- Meal Service Rules and Reminders

## WELCOME!

Nutritional Development Services accomplishes its mission of feeding children and those in need by partnering up with sites to provide nutritious and delicious food to the children in the community! This is done through our Summer Meals Program. Without you, NDS cannot fulfill its mission.



## UNCOMMON FRUIT TIPS!

At times, we serve fruit that children may have never seen or tasted. Even some of the common fruits, like peaches, come in many varieties that may look different. Please do not assume it is “bad” because you are not familiar with it. Encourage the children to try it!

## REMEMBER!

Call the office at 215-895-3740, Option 1 during regular business hours with any and all questions!

### Office Hours:

- Monday to Thursday: 8:30 AM - 4:30 PM
- Friday: 8:30 AM - 3:00 PM

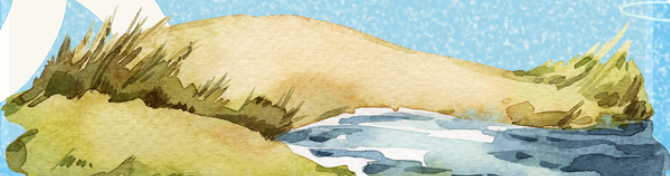
Please never discard fruit (or any food item) without calling NDS first!





## MONDAY!

- Oven Roasted Turkey & Mozzarella on Flatbread
- Homestyle Potato Salad
- Sunset Sip Vegetable Juice
- Bagged Sliced Apples
- Milk Variety



# YUMMY LUNCH MENUS!

## FRIDAY!

- Turkey Ham & Two Cheese on a Brioche Bun
- Cheesy Pizza
- Hummus
- Cherry Star Vegetable Juice
- Orange Jello Bowl
- Heartzel Pretzels
- Milk Variety



## TUESDAY!

- Chicken, Turkey Ham & Cheese Wedge
- Celery
- Salsa
- Fresh Fruit
- Tostitos Scoops
- Milk Variety



## WEDNESDAY!

- Toasted Cheese Sandwich
- Bagged Baby Carrots
- Chocolate Brownie
- Hummus
- Strawberry Apple Crisps
- Milk Variety



## THURSDAY!

**HAPPY**  
*4th of July*

**NO DELIVERIES!**



## HEALTHY MENU FEATURES:

# VEGETABLE VARIETY!

Different vegetables have plenty of fiber for a nutrient-dense meal! You will see vegetables on the menu from each of these 5 subgroups:

1. Dark Green Vegetables
2. Red & Orange Vegetables
3. Starchy Vegetables
4. Beans
5. Other Vegetables Blended



# UNITY CONTEST

Submission Deadline:  
**Friday, July 19th, 2024**

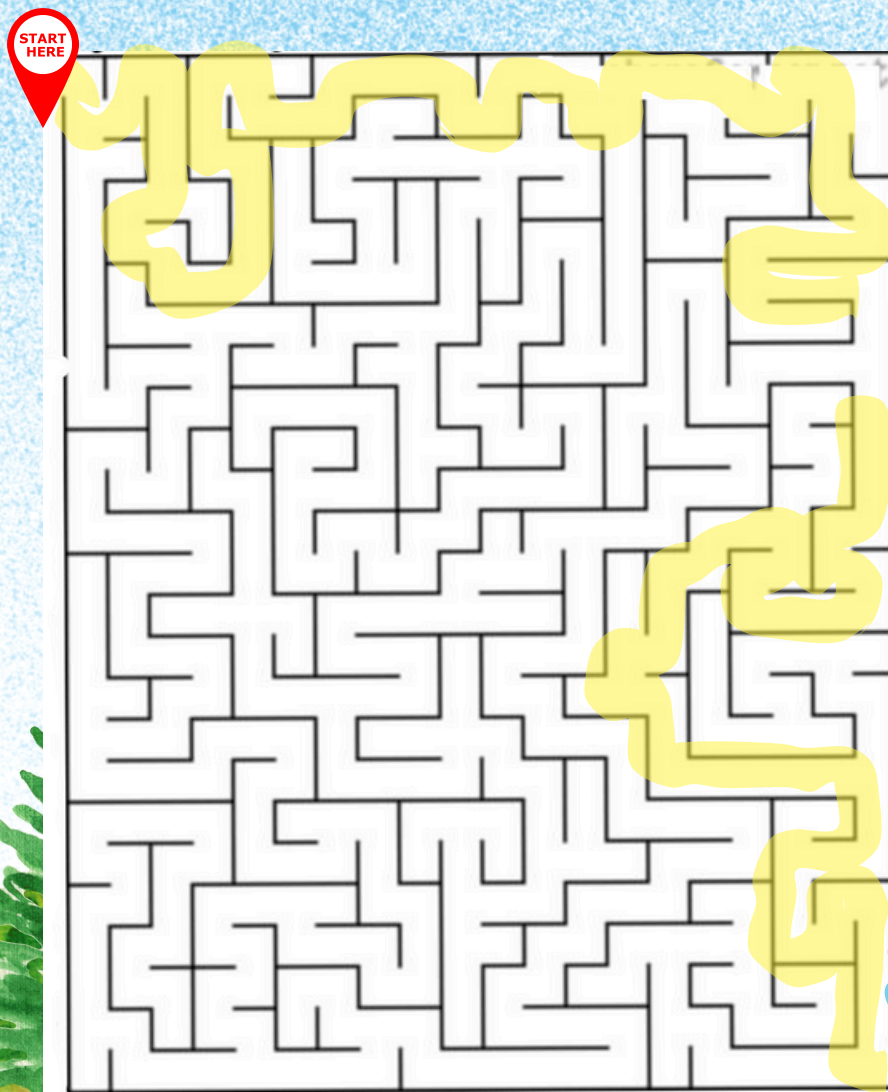
## UNITY DAY!

The day of unity is  
**Wednesday, July 10th, 2024.**

This will be a special day to  
highlight & celebrate UNITY.  
Be on the lookout for  
suggestions for the day. Send  
photos of your Unity Day  
Celebrations so we can share  
with others.



## CORN MAZE CRAZE ANSWERS!



## WHAT IS UNITY OPPORTUNITY?

This summer, the theme for the NDS Summer  
Meals Program is: **UNITY**

Each site received a packet of activity projects,  
including games, discussions & lesson topics,  
activity sheets, and other ideas to promote  
UNITY. Please use these fun opportunities to  
engage the children in a positive way!



## CONTESTS WE OFFER!

1) **Creative Poster Contest:** Design a poster  
or creative drawing 8.5 x 11 inch (or bigger)  
that shows what “Unity” means to you.  
Additionally, include a simple message with  
words and/or drawings.

## REMEMBER!

All entries must include the child’s name (first  
name, last initial is OK), age, name of the site,  
and site number on the reverse side of the  
entry.

All entries for both contests must be received  
by Friday, July 19th, 2024 — mailed or  
delivered to the address on page 1, or sent to  
Dave Stier at [dstier@ndsarch.org](mailto:dstier@ndsarch.org)





# MEAL SERVICE REMINDERS

## ONLY CHILDREN MAY BE SERVED

The Summer Meals Programs are only to be served to children who are 18 years old or younger.

Meals may be served to young adults that are over 18 years old if they are mentally or physically disabled, *and* are enrolled in a school program for persons with disabilities. You must call NDS if you do serve this population.

## ONLY SERVE DURING THE SERVE TIME

You cannot serve before or after these times. If you need to change your serve time, even for just one day, call NDS at least one (1) day before.

## ONLY SERVE THE MEALS ON SITE

All summer meals should be served at your site unless you are on an approved field trip.

## TAKE THE TEMPERATURE OF THE MILK!

As soon as the delivery person leaves, please take the temperature of the milk delivered.

Check the stem of the food thermometer for an indentation, or “dimple.” Place your thermometer between two milk cartons at least as far as the dimple. Do not open a milk carton and put the thermometer inside of it. The milk may be received at 45 degrees but must be stored at 41 degrees or below.