




# ELEMENTARY HOT LUNCH

## September 2024



"Life is short - eat more fruits and veggies" - By Makenzie M, 7th grade St. Francis of Assisi

Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p>  <p>215 Taco Stick OR 221 Two Cheese Chicken Quesadilla</p> <p>620 Salsa 625 Corn 749 Apple Cherry Juice 941 Tostito Scoops</p>	<p><b>3</b></p> <p>215 Taco Stick OR 221 Two Cheese Chicken Quesadilla</p> <p>620 Salsa 625 Corn 749 Apple Cherry Juice 941 Tostito Scoops</p>	<p><b>4</b></p> <p>206 French Toast w. Sausage OR 269 Pizza Calzone V</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 928 Goldfish Pretzels</p>	<p><b>5</b></p> <p>202 Cheeseburger w. Bun OR 286 Penne w. Meat Sauce &amp; Cheese Veggies &amp; 909 Dinner Roll OR 242 Chicken Turkey Ham &amp; Cheese Wedge Sandwich</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup</p>	<p><b>6</b></p> <p>268 French Bread Cheese Pizza V OR 208 Mini Corn Dogs OR 232 Buffalo Chicken &amp; Cheddar on Brioche Bun</p> <p>708 Spinach &amp; Romaine Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 670 Fresh Fruit OR 682 Bananas</p>
<p><b>9</b></p> <p>272 Buffalo Chicken Calzone OR 225 Ciabatta Cheese Melt V OR 233 Rotisserie Chicken &amp; Mozzarella on Brioche Bun</p> <p>620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit</p>	<p><b>10</b></p> <p>257 Mozzarella Sticks V OR 204 Chicken Nuggets</p> <p>623 Tater Tots 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 927 Dinner Rolls</p>	<p><b>11</b></p> <p>217 Spicy Grilled Cheese V OR 226 Philly Cheese Steak Pinwheel OR 227 Turkey Ham, Turkey Pepp &amp; Cheese Sub</p> <p>611 Bagged Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice</p>	<p><b>12</b></p> <p>207 Cheese Ravioli V &amp; 903 Maple Biscuits OR 255 Pizzaboli V OR 234 Turkey Ham &amp; Two Cheese on Roll</p> <p>706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas</p>	<p><b>13</b></p> <p>281 Popcorn Chicken w/ Roasted Potatoes OR 263 Round Cheese Pizza V &amp; 632 Wango Mango Vegetable Juice</p> <p>541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 929 Chocolate Tiger Bites</p>
<p><b>16</b></p> <p>205 Popcorn Chicken OR 218 Mozzarella Pinwheel V</p> <p>623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 930 Cheez-Its</p>	<p><b>17</b></p> <p>271 Cheeseburger Calzone &amp; 625 Corn &amp; 988 Cinnamon Graham Crackers OR 288 Mac &amp; Cheese w. Broccoli V &amp; 909 Dinner Rolls</p> <p>633 Sunset Sip Vegetable Juice 657 Strawberry Craisins</p>	<p><b>18</b></p> <p>223 Veggie Pinwheel V OR 203 Mini Pepperoni Calzone OR 238 Chicken, Turkey Pepp &amp; Cheese Croissant</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 750 Apple Juice</p>	<p><b>19</b></p> <p>264 4x6 Cheese Pizza V OR 283 Chicken Tenders w/ Corn OR 404 Italian Combo Wrap</p> <p>708 Spinach &amp; Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 937 Apple Cinnamon Bear Grahams</p>	<p><b>20</b></p> <p>210 Cheese Stuffed Breadsticks V &amp; 622 Marinara Sauce OR 216 Spicy Taco Stick &amp; 620 Salsa &amp; 941 Tostito Scoops</p> <p>634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup</p>
<p><b>23</b></p> <p>280 Hamburger w/ Green Beans &amp; 915 Hamburger Bun OR 269 Pizza Calzone V OR 230 Turkey &amp; Mozzarella on Flatbread</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 651 Mango Pineapple Smoothie Bowl</p>	<p><b>24</b></p> <p>219 Turkey Pepperoni Pinwheel OR 257 Mozzarella Sticks V</p> <p>622 Marinara Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit</p>	<p><b>25</b></p> <p>209 Taco Meat &amp; 915 Hamburger Bun OR 215 Taco Stick &amp; 941 Tostito Scoops</p> <p>620 Salsa 541 Chocolate Brownie Hummus 670 Fresh Fruit 659 Watermelon Craisins</p>	<p><b>26</b></p> <p>268 French Bread Pizza V OR 263 5" Round Cheese Pizza V OR 288 Turkey Ham &amp; Cheese Sub</p> <p>706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas</p>	<p><b>27</b></p> <p>204 Chicken Nuggets OR 206 French Toast w. Sausage</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 752 Fruit Punch Juice 990 Chocolate Chip Cookie</p>

V= Vegetarian Options

**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, 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.



Scan the QR Code for the NDS Color Wheel!  
These colors will help you identify what food group each item belongs too!

Nutritional Development Services  
Archdiocese of Philadelphia  
222 N 17th St, Philadelphia, PA 19103  
215-895-3470, option 1



# September

2024

## DEAR PARENTS, CAREGIVERS, & STUDENTS

Welcome back to another amazing school year! We hope everyone had a wonderful and relaxing summer. As we settle back into the school year routine remember to make healthy food choices! Whether you're hitting the playground or diving into your favorite books, remember to stay positive and patient when getting into your school year groove.

## WELLNESS CORNER

Sleep is so important! When we sleep well, our bodies and brains get a chance to recharge. A good night of sleep helps us pay attention in class and perform better at our favorite activity!

So, let's remember to have a cozy bedtime routine, like reading a cool story or snuggling up with a favorite stuffed animal. Sweet dreams make for even sweeter days!

## PRAYER CORNER

Bless our schools with laughter and learning. Help our teachers teach well and help us to learn with joy. Thank You for all You give us each day. Amen.

## BREAKFAST

Breakfast is the most important meal of the day! Eating breakfast improves energy levels and the ability to concentrate. NDS provides students will a well-balanced breakfast to get them ready for the school day! Each breakfast consists of a whole grain entree, two servings of fruit, and a half pint of low-fat or fat-free milk. Make sure to stop by your schools cafeteria in the morning to get your delicious breakfast!

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NDS School Lunch Program