

Summer Splash

June 2025 | Issue 1



Meals of the Week

M

Grilled Cheese Sandwich
Bagged Baby Carrots
Red Pepper Hummus
Fresh Fruit



T

Turkey Ham & Cheese Sub
Salsa
Wango Mango Veggie Juice
Fruit Punch Juice
Tostitos Scoops

W

Turkey Ham & Cheese
Croissant
Spinach w. Chickpeas
Raspberry Lemonade Craisins
Cheez-its



Th

Italian Combo Wrap
Celery Sticks
Cheesy Pizza Hummus
Bagged Slice Apples
Pretzel Goldfish

F

Buffalo Chicken & Cheddar on
Brioche Bun
PA Dutch Potato Salad
Dragon Punch Veggie Juice
Mixed Fruit Cup

Thank You

Thank you for choosing to be an NDS Summer Meals Site. Nutritional Development Service's mission of providing meals would not be possible without your support. We are very excited for all we will accomplish together this summer!

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 - A Safe Meal Makes a Good Meal
 - Regulation Reminders
- Hope Contest
- Word Search + Fun Facts
- NDS @ Free Summer Meals

Contact/Follow us!

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



@SummerMealsNDS



How to have

A SUCCESSFUL Summer



MORE
AWARENESS.
LESS WASTE.

- Report the correct number served. Then adjust deliveries as needed.
- First in, first out. Serve meals from the previous day FIRST. Lower deliveries if you have leftovers.
- Children must take everything but they do not have to eat everything. In this scenario, encourage the use of share tables.

A Few Reminders

- Report any and all field trips that will happen.
- Meals provided by NDS must not be sold.
- Sites must use the Meal Count Report while serving children
- Serve meals only within your serving time and area.
- Only children 18 and under can be served NDS provided meals
- All items must be served to the children to be counted as a complete meal on the meal count report
- Stay hydrated and stay in the shade during this wave of heat. Wear a hat and sunglasses, and make sure to apply/reapply sunscreen every 1-3 hours, or immediately after swimming.

Communication

Transparency is key to ensuring a successful summer! Keep NDS updated on any changes, such as serve times, staff changes, and field trips. Ask us any and all questions/concerns. You can call us at 215-895-3740 at Option 1.



INDIVIDUAL "MURAL" CONTEST

Design a mural on the theme of "Hope"

Prize groups (2 prizes)
- Ages 8 and under
Ages 9 and up



TEAM "MURAL" CONTEST

Work as a team to create one larger mural that celebrates "Hope." The winning team will be rewarded a larger prize for their site.

Only children may participate in these contests.

Deadline: End of Friday, **July 18th**

Must include child name, age, site name, and site number
For entry submissions or questions, email Dave at

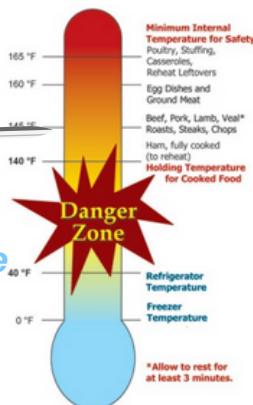
dstier@ndsarch.org

A SAFE MEAL MAKES A GOOD MEAL

- Refrigerate your meals. Food must be kept **BELOW 41 °F**
- Recalibrate your food thermometer weekly



Visit the Food Safety and Inspection Service website for more info:
www.fsis.usda.gov



- Inspect food upon delivery. Make sure it is not opened or damaged.
- Take the temperature of the milk upon receiving.
- Keep food off the floor and in the shade. Put delivery in the refrigerator or cover with ice immediately.
- Keep your refrigerator no higher than 39 degrees.

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Lunch Word Search

FUN FACT

You can make a healthy vegetable/fruit smoothie with some ingredients in week 1's menu.

Carrot Smoothie Recipe:

- 1 cup sliced carrots
- ½ teaspoon shredded orange peel
- 1 cup orange juice
- 3 orange slices
- Ice
- Blend



Carrots Celery Craisins Sandwich Hummus
Juice Milk Salad Salsa Goldfish Tostitos

D P X Z Y V Z X H A P E C Y V
A G S C B S X J V C Y R C B H
X X C W D I K Q U Z Z H C A X
C T X Z G O L D F I S H A L J
H U M M U S T F O T C N R M M
Z U Q H F H W W T O R E R I F
I V N J W B T D I E A T O L Z
L S A N D W I C H G I O T K M
T W N F S A L S A R S S S D V
S N N E W R X Z J V I T U V T
A S H Q V B P W J W N I T I U
L I Q F B L C L R H S T A S V
A C X P X U G O G S W O O Z R
D I P B Z H U G A R Z S V Y U
B R Y N O N E D W W A I U K M

NDS PHOTO HIGHLIGHTS

