

NDS

SUMMER SPLASH



WANT A SAY IN NEXT SUMMER'S MENU? GIVE
US YOUR FEEDBACK THROUGH THE FORMS BELOW!

Breakfast



Lunch



ISSUE
#4

MENU FEEDBACK,
NUTRITIONAL FACTS,
REMINDERS, RIDDLE, SUMMER
BLESSING HIGHLIGHTS



@SummerMealsNDS



GRAPES VS. CANDY BARS

NUTRITIONAL FACTS



GRAPES

The sugar in fruits such as grapes occur through a natural process (fructose and glucose). Fruits also contain fiber, which helps regulate how fast our body absorbs the sugar. They also contain many nutrients, which makes it a healthy option of eating sweet food.



CANDY BARS

Candy bars, on the other hand, have added sugars from corn syrup and sucrose, both of which are simply empty calories with no nutritional value. These sugars also absorb quickly into your bloodstream, causing a spike in sugar levels for only a short duration, causing you to want to crave for more, leading to overconsumption.



DID YOU KNOW?

Although carrots are known for their orange color, they also come in a variety of colors: purple, yellow, white, and red

FUN FACT!

Apples are 25% air and 75% water, which is why they float above water, making it perfect for apple bobbing.

QUESTION: EASY

CHOCOLATE VS. FRUITS ARE BOTH SWEET FOODS. WHICH IS THE HEALTHIER OPTION?



QUESTION HARD

ON AVERAGE, HOW MANY KERNELS ARE IN AN EAR OF CORN?

HINT! LOOK AT THE KERNELS IN THE CORN.



TROPICAL BLAST

1 WANGO MANGO VEGGIE JUICE

1/2 TROPICAL FRUIT CUP

SPINACH

1/2 CUP WATER

(OPTIONAL) REPLACE WATER WITH MILK



Did You Know?

HIGH LEVELS OF SALT IN JUNK FOOD CAN LEAD TO HIGH BLOOD PRESSURE AND CARDIOVASCULAR PROBLEMS.

NDS - CALL 215-895-3470 OPT 1

Good morning NDS! How do I fill out the Meal Count Report?

Make sure to cross off each number as kids are served. Sign the bottom and check for the correct date. Complete each day meals are served!

Sounds good! But what do I do with leftovers from share tables?

Great question! If you have any leftover items from Share Tables, encourage children to eat them throughout the day, but they can NOT be served again as meals. This includes the milk. However, if you have any leftover meals - those that have not been served, prioritize serving those meals through First in First Out.

Okay, that makes sense! By the way, if I have leftovers, and would like to make a change for the next day, when is the best time to call?

I'm glad you asked! Make sure to call preferably before 12:45 pm because our system shuts down at 1:00 pm sharp. If you call at 12:57 pm, for example, we may not have enough time to process tomorrow's order. It's always great to call in to lower your numbers if you have too many leftovers. Always call if you are unsure if leftovers are safe to serve.

Thank you so much NDS! I'll be sure to call before 12:45 pm for any changes, and if I have any other questions, I'll also give you a call!



FRUIT RIDDLES



I'm small and round with a purplish glow,
In clusters I hang where the winds blow,
Crushed I can turn into something fine,
A toast, in a glass or on a vine.

What fruit am I?

Grapes

I wear a crown, but I have no throne,
My skin is tough, but my heart is known,
I'm sweet on the inside, with a golden hue,
Touch me wrong, and my skin can prick you.

What fruit am I?

Pineapple

ANSWERS



DAY OF HOPE

NDS Summer Blessing

This summer, NDS celebrated our annual Summer Blessing with the theme of Hope. Hosted by Holy Innocents, the event launched with a program that included music and songs, speeches, prayers, and a meaningful activity where participants wrote down their personal hopes. The celebration continued with activities across multiple sites. YWCA Bucks Meadow featured a lively water gun fight, and other locations contributed to the hope by creating stunning works of art! Special shoutout to all sites who celebrated hope with us, and we hope you continue instilling hope in others throughout the summer!

As always, if you have any photos you would like to highlight, you can send them over to dstier@endsarch.org

