



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>2</p>  <p>215 Taco Stick</p> <p>620 Salsa 625 Corn 749 Apple Cherry Juice 941 Tostito Scoops</p>	<p>3</p> <p>269 Pizza Calzone V</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 928 Goldfish Pretzels</p>	<p>4</p> <p>202 Cheeseburger w. Bun</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup</p>	<p>5</p>	<p>6</p>
<p>99</p> <p>233 Rotisserie Chicken & Mozzarella on Brioche Bun</p> <p>620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit</p>	<p>10</p> <p>204 Chicken Nuggets</p> <p>623 Tater Tots 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 927 Dinner Rolls</p>	<p>11</p> <p>227 Turkey Ham, Turkey Pepp & Cheese Sub</p> <p>611 Bagged Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice</p>	<p>12</p> <p>207 Cheese Ravioli V & 903 Maple Biscuits</p> <p>706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas</p>	<p>13</p> <p>263 Round Cheese Pizza V & 632 Wango Mango Vegetable Juice</p> <p>541 Chocolate Brownie Hummus 648 Strawberry Jello Cups 929 Chocolate Tiger Bites</p>
<p>16</p> <p>205 Popcorn Chicken</p> <p>623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 930 Cheez-Its</p>	<p>17</p> <p>288 Mac & Cheese w. Broccoli V & 909 Dinner Rolls</p> <p>633 Sunset Sip Vegetable Juice 657 Strawberry Craisins</p>	<p>18</p> <p>203 Mini Pepperoni Calzone</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 750 Apple Juice</p>	<p>19</p> <p>264 4x6 Cheese Pizza V</p> <p>708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 937 Apple Cinnamon Bear Grahams</p>	<p>20</p> <p>210 Cheese Stuffed Breadsticks V & 622 Marinara Sauce</p> <p>634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup</p>
<p>23</p> <p>280 Hamburger w/ Green Beans & 915 Hamburger Bun</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 651 Mango Pineapple Smoothie Bowl</p>	<p>24</p> <p>257 Mozzarella Sticks V</p> <p>622 Marinara Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit</p>	<p>25</p> <p>215 Taco Stick & 941 Tostito Scoops</p> <p>620 Salsa 541 Chocolate Brownie Hummus 670 Fresh Fruit 659 Watermelon Craisins</p>	<p>26</p> <p>263 5" Round Cheese Pizza V</p> <p>706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas</p>	<p>27</p> <p>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



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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