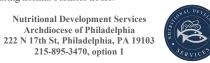
ELEMENTARY SCHOOL COLD LUNCH

OCTOBER 2024

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
30	1	2	3	•
237 Italian Sandwich	236 Turkey & Two Cheese Wedge Sandwich	227 Turkey Ham, Turkey Pepp & Cheese Sub	261 Soy Butter & Jelly Sandwich	229 Turkey Ham & Cheese Croissant
 520 Salsa 530 Dragon Punch Vegetable Juice 558 Cherry Craisins 541 Tostito Scoops 	611 Bagged Carrots 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup	601 Homestyle Potato Salad631 Cherry Star Vegetable Juice670 Fresh Fruit	708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 932 Cinnamon Scooby Snacks	 622 Marinara Cup 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 927 Cheddar Goldfish
7	8	9	10	1
237 Italian Sandwich	233 Rotisserie Chicken & Mozzarella on Broche Bun	228 Turkey Ham & Cheese Sub	232 Buffalo Chicken & Cheddar on Brioche Bun	229 Turkey Ham & Cheese Croissant
620 Salsa 632 Wango Mango Vegetable Juice	602 PA Dutch Potato Salad 546 Cheesy Pizza Hummus	708 Romaine Salad w. Chickpeas	611 Bagged Carrots 631 Cherry Star Vegetable	621 Celery 634 Ruby Rusher Vegetable
648 Strawberry Gello Cups 941 Tostito Scoops	659 Watermelon Craisins 939 Heartzel Pretzels	670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	Juice 670 Fresh Fruit OR 682 Bananas	Juice 543 Red Pepper Hummus 752 Fruit Punch Juice 932 Cinnamon Scooby Snack
14	15	16	17	1
104 Italian Combo Wrap	261 Soy Butter & Jelly Sandwich	229 Turkey Ham & Cheese Croissant	242 Chicken & Turkey Ham & Cheese Wedge Sandwich	232 Buffalo Chicken Breas & Cheddar on Broche Bun
620 Salsa 631 Cherry Star Vegetable Juice 654 Raspberry Lemonad	621 Celery630 Dragon Punch Vegetable Juice749 Apple Cherry Juice	602 PA Dutch Potato Salad634 Ruby Rusher Vegetable Juice670 Fresh Fruit	611 Bagged Carrots 534 Red Pepper Hummus 609 Dole Mixed Fruit Cup 682 Banana	708 Spinach Salad w. Chickpeas 670 Fresh Fruit
Craisins 941 Tostito Scoops	934 Dino Bites	928 Goldfish Pretzels		FIND YOUR TREASURE!
NATIONAL SCHOOL LUNCH WEEK				
21	22	23	24	2
233 Rotisserie Chicken & Mozzarella on Brioche Bun	236 Turkey & Two Cheese Wedge Sandwich	227 Turkey Ham, Turkey Pepp & Cheese Sub	234 Turkey Ham & Two Cheese on Roll	228 Turkey Ham & Cheese Sub
601 Homestyle Potato Salad 631 Cherry Star Vegetable Juice 670 Fresh Fruit 927 Cheddar Goldfish	620 Salsa 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 941 Tostito Scoops	611 Bagged Carrots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice	706 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 931 Cinnamon Bug Bites	 634 Ruby Rusher Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gel Cup 929 Chocolate Tiger Bites
28 232 Buffalo Chicken Breast & Cheddar on Broche Bun	29 261 Soy Butter & Jelly Sandwich	238 Chicken Turkey Pepperoni & Cheese Croissant	31 404 Italian Combo Wrap	227 Turkey Ham, Turkey Pepp & Cheese Sub
 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 941 Tostito Scoops 	621 Celery 633 Sunset Sip Vegetable Juice 657 Strawberry Craisins 988 Cinnamon Graham Crackers	611 Bagged Carrots 534 Red Pepper Hummus 750 Apple Juice	708 Spinach & Romaine Salad w/ Chickpeas 670 Fresh Fruit OR 682 Bananas 993 Pumpkin Cookie	634 Ruby Rusher Vegetable Juice 602 PA Dutch Potato Salad 644 Pear Cup 936 Vanilla Bear Grahams

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.



October

DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!

PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!

PRAYER CORNER

Thank you for the food you provide for us and all those who have helped to bring it to us. May the sharing of this meal strengthen the bonds of friendship, hope and trust between us. Amen.

FOLLOW US!



schoolmealsnds



NDS School Lunch Program