



FEBRUARY 2023

SFA School

Nutritional Development Services
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

Monday

Tuesday

Wednesday

Thursday

Friday

281 Popcorn Chicken with Roasted Potatoes
541 Chocolate Hummus
749 Apple Cherry Juice
932 Cinnamon Scooby Snacks

6

297 Chicken & Vegetable Dumplings with Green Beans
OR
281 Popcorn Chicken with Roasted Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
908 Dinner Rolls

7

263 5" Round Cheese Pizza
611 Bagged Baby Carrots 647
Dole Mandarin Orange Cup

8

221 Two Cheese Chicken Quesadilla
604 Baked Beans
752 Fruit Punch Juice

9

284 Chicken Alfredo with Penne Pasta & Broccoli
631 Cherry Star Vegetable Juice
659 Watermelon Craisins
990 Chocolate Chip Cookie

10

283 Chicken Tenders with Corn
630 Dragon Punch Vegetable Juice
609 Dole Mixed Fruit Cup
903 Maple Biscuits

13

256 Cheese Stuffed Breadsticks
622 Marinara Sauce
633 Sunset Sip Vegetable Juice
658 Cherry Craisins
620 Salsa
941 Tostitos Scoops

14

**Early Dismissal
11:00 A.M.**

15

288 Mac & Cheese with Broccoli
OR
291 Caribbean Chicken with Rice and Carrots
540 Garlic Hummus
670 Fresh Fruit
942 Sunchips

16

264 4x6 Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
750 Apple Juice

17

**NO SCHOOL
Presidents' Day**

20

273 Swedish Meatballs with Noodles & Broccoli
611 Bagged Baby Carrots
659 Watermelon Craisins
928 Goldfish Pretzels

21

Ash Wednesday
225 Ciabatta Cheese Melt OR
274 Toasted Cheese Sandwich
622 Marinara Sauce
631 Cherry Star Vegetable Juice
649 Dole Orange Gello Bowl

22

280 Hamburger with Green Beans
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
915 Hamburger Bun

23

264 4x6 Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
749 Apple Cherry Juice

24

256 Cheese Stuffed Breadsticks
622 Marinara Sauce
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

27

225 Ciabatta Cheese Melt
622 Marinara Sauce
611 Bagged Baby Carrots
691 Strawberry Apple Crisps

28

281 Popcorn Chicken with Roasted Potatoes &
932 Cinnamon Scooby Snacks
541 Chocolate Hummus
750 Apple Juice

1

215 Taco Stick
620 Salsa
633 Sunset Sip Vegetable Juice
608 Dole Tropical Fruit Cup
941 Tostito Scoops

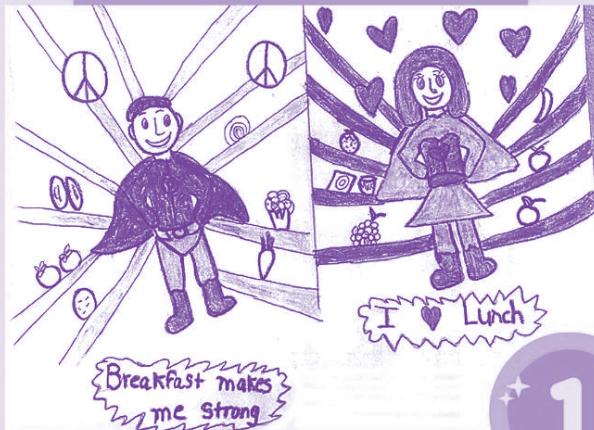
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263 5" Round Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
670 Fresh Fruit
990 Chocolate Chip Cookie

3

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, Diocese of Camden, 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.

NDS Placemat Contest
Winner for Grades 3-6



Jose from St. Anthony of Padua
Regional Catholic School

Winners from Grades 7-12 will be
featured on the March menu. Don't
miss it!

Wellness Corner

- Step it Up: Try a pedometer or step-counting app on your phone to see how many steps you walk in a day. Compare with friends and see who can get the most.
- Speed It Up: Fast walking, wheelchair walking and swimming, can all be good for your heart. Don't forget to stretch first!

FEBRUARY 2023

Dear Parents, Caregivers & Students,

February is Heart Health Month! We use this opportunity to learn about the heart and how foods and physical activity, can impact cardiovascular health:

- Foods that are rich in Omega-3 fatty acids like salmon, walnuts, chia seeds and flax seeds are beneficial for your heart.
- Eating 1-2 servings of seafood per week can reduce risks of congestive heart failure.
- Phytochemicals present in certain fruits like strawberries, have cardiovascular protective benefits.

Prayer Corner

Lord, we thank you for continuing to be merciful to us. Please help us to take care of our hearts and minds so that we can thrive. Amen.