

# Elementary Hot Lunch Menu

## February 2025

"Fruits contain nutrients, so should YOU!" - Jason Z. 8th Grade @ Christopher Columbus Charter School

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, and grains are whole grain. All Items are pork free.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>V</b> <b>220</b> Hot Dog  & <b>906</b> Hot Dog Buns & <b>611</b> Bagged Baby Carrots <b>630</b> Dragon Punch Vegetable Juice <b>670</b> Fresh Fruit	<b>4</b> <b>203</b> Mini Pepperoni Calzone <b>623</b> Tater Tots <b>631</b> Cherry Star Vegetable Juice <b>657</b> Strawberry Craisins	<b>5</b> <b>221</b> Two Cheese, Chicken Quesadilla <b>620</b> Salsa <b>634</b> Ruby Rusher Vegetable Juice <b>670</b> Fresh Fruit <b>941</b> Tostito's Scoops	<b>6</b> <b>212</b> Taco Triangle  <b>708</b> Spinach Salad with Chickpeas <b>682</b> Bananas <b>932</b> Cinnamon Scooby Snacks	<b>7</b> <b>204</b> Chicken Nuggets & <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>670</b> Fresh Fruit <b>928</b> Pretzel Goldfish
<b>10</b> <b>206</b> French Toast w. Sausage <b>702</b> Potato Smiles <b>658</b> Cherry Craisins	<b>11</b> <b>224</b> Meatballs w. Elbow Noodles & Sauce   <b>634</b> Ruby Rusher Vegetable Juice <b>684</b> Strawberry Banana Applesauce	<b>12</b> <b>256</b> Cheese Stuffed Breadsticks   <b>622</b> Marinara Sauce <b>632</b> Wango Mango Vegetable Juice <b>650</b> Strawberry Smoothie Bowl	<b>13</b> <b>207</b> Cheese Ravioli  & <b>909</b> Dinner Rolls <b>708</b> Spinach Salad with Chickpeas <b>670</b> Fresh Fruit National Cheddar Day	<b>14</b> <b>281</b> Popcorn Chicken & Potatoes   <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>686</b> Rosati "Hero" Ice <b>993</b> Holiday Cookie
<b>17</b> <b>Presidents' Day</b>  <b>NO SCHOOL</b>	<b>18</b> <b>205</b> Popcorn Chicken <b>702</b> Potato Smilies <b>670</b> Fresh Fruit	<b>19</b> <b>283</b> Chicken Tenders & Corn OR <b>282</b> BBQ Popcorn Chicken w. Mashed Sweet Potato <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>749</b> Apple Cherry Juice <b>929</b> Chocolate Tiger Bites	<b>20</b> <b>204</b> Chicken Nuggets <b>706</b> Spinach Salad with Tomatoes <b>648</b> Strawberry Gel Cup  National Muffin Day	<b>21</b> <b>225</b> Ciabatta Cheese Melt <b>623</b> Tater Tots <b>632</b> Wango Mango Vegetable Juice <b>657</b> Strawberry Craisins <b>941</b> Tostitos Scoops
<b>24</b> <b>280</b> Beef Burger with Green Beans & <b>915</b> Hamburger Buns <b>630</b> Dragon Punch Vegetable Juice <b>670</b> Fresh Fruit	<b>25</b> <b>206</b> Fresh Toast with Sausage <b>623</b> Tater Tots <b>546</b> Cheesy Pizza Hummus <b>752</b> Fruit Punch Juice <b>928</b> Pretzel Goldfish	<b>26</b> <b>215</b> Beef & Cheese Taco Sticks <b>620</b> Salsa <b>631</b> Cherry Star Vegetable Juice <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops	<b>27</b> <b>204</b> Chicken Nuggets National Strawberry Day  <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>682</b> Bananas <b>931</b> Cinnamon Bug Bites 	<b>28</b> <b>264</b> 4x6 Cheese Pizza  National Pancake Day <b>708</b> Spinach Salad with Chickpeas <b>670</b> Fresh Fruit

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.





# February 2025



## DEAR PARENTS, CAREGIVERS, & STUDENTS,

As we celebrate the month of love, we want to extend a heartfelt thank you to all the families, administration, and lunch managers who make the NDS Lunch Program so special. Each meal we serve is prepared with care, and it brings us joy to know that we are helping to fuel your child's heart and mind. This Valentine's season, we're sending you all a plate full of appreciation and warmth. Thank you for being an important part of our program!



## WELLNESS COMMITTEE

NDS is looking for members to join our Wellness Committee! Parents, PE teachers, school health professionals, and school administrators from the schools we sponsor are encouraged to participate in addition to NDS board members, the public, and other interested stakeholders.

Committee members will be responsible for updating policy language, recruiting new members, assisting with policy assessment, promoting wellness activities and policy adherence at their schools, and sharing ideas for wellness activities that schools can implement.

Our next meeting will be Monday, February 24th. All meetings are virtual and held via Microsoft Teams. Please contact Jean Falk at 215-895-3470 or email [jfalk@ndsarch.org](mailto:jfalk@ndsarch.org) for background information or other details.



## BLACK HISTORY MONTH



February is Black History Month, a time to honor and celebrate the rich history, culture, and contributions of Black individuals throughout history. It's an opportunity for families to come together, reflect on the past, and learn about the achievements of Black leaders, artists, activists, and innovators who have shaped our world.

This month, take time to explore the stories of pioneers like Martin Luther King Jr., Rosa Parks, Shirley Chisholm, and many others. Share these stories with your children, engage in meaningful conversations, and explore local museums, books, or documentaries that highlight African American history.



## FUNGI



This month, let's show some love to mushrooms! These little fungi are packed with nutrients that help keep your body strong and healthy. From boosting your immune system to keeping your bones happy, mushrooms are the perfect way to add some extra goodness to your meals. Whether you're enjoying them on a pizza or in a cozy soup, mushrooms are here to help your heart and body stay strong!



## PRAYER

Thank You for the gift of love.  
May our hearts be filled with  
kindness and compassion,  
sharing Your love with  
everyone around us.  
Amen.

