



March 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

**6**

252 Hot Dog with Bun
620 Salsa
608 Dole Tropical Fruit Cup
633 Sunset Sip Vegetable Juice
941 Tostito Scoops

13

288 Mac & Cheese with Broccoli
631 Cherry Star Vegetable Juice
670 Fresh Fruit
909 Dinner Roll

20

NO SCHOOL

27

202 Cheeseburger on a Bun
604 Baked Beans
609 Dole Mixed Fruit Cup
990 Chocolate Chip Cookie

Tuesday

7

295 Meatloaf with Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
901 Honey Biscuit

14

281 Popcorn Chicken with Roasted Potatoes
611 Bagged Baby Carrots
749 Apple Cherry Juice

21

297 Chicken & Vegetable Dumplings with Green Beans
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
909 Dinner Roll

28

215 Taco Stick & 620 Salsa
633 Sunset Sip Vegetable Juice
658 Cherry Craisins
941 Tostito Scoops

Wednesday

1

202 Cheeseburger with Bun
703 Roasted Potatoes
670 Fresh Fruit
990 Chocolate Chip Cookie

8

286 Penne Pasta with Meat Sauce & Italian Vegetables
631 Cherry Star Vegetable Juice
684 Mixed Berry Applesauce

15**22**

273 Swedish Meatballs with Noodles & Broccoli
631 Cherry Star Vegetable Juice
685 Rosati Water Ice
990 Chocolate Chip Cookie

29

295 Meatloaf with Gravy & Mashed Potatoes
611 Bagged Baby Carrots
685 Rosati Water Ice
993 Holiday Cookie

Thursday

2**9**

228 Turkey Ham & Cheese Sub
611 Bagged Baby Carrots
546 Cheesy Pizza Hummus
659 Watermelon Craisins

16

282 Chicken Tenders with Corn
686 Rosati Water Ice
993 Holiday Cookie

23

202 Cheeseburger on a Bun
703 Roasted Potatoes
752 Fruit Punch Juice

30

256 Cheese Stuffed Breadsticks
622 Marinara Sauce
540 Garlic Hummus
670 Fresh Fruit
633 Sunset Sip Vegetable Juice
942 Sunchips

Friday

3**10**

256 Cheese Stuffed Breadsticks
622 Marinara
708 Romaine Salad with Spinach & Chickpeas
648 Dole Strawberry Gello Bowl

17

264 4x6 Cheese Pizza
706 Romaine Salad with Cherry Tomatoes
750 Apple Juice
992 Oatmeal Cookie

24

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

31

264 4x6 Cheese Pizza
708 Romaine Salad with Spinach & Chickpeas
753 Orange Juice

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.

MARCH 2023

NDS Placemat Contest Winner for Grades 7-12



**Kayla from Christopher Columbus
Charter School**

Thank you to everyone who
participated!

Wellness Corner

- **Be prepared:** pack your backpack with good-for-you snacks so you're not tempted to buy less healthy options.
- **Shake Things Up:** try mixing your favorite fruits (and vegetables), into a nutritious smoothie.

Dear Parents, Caregivers & Students

March is National Nutrition Month! Challenge students to learn about a new food every day of the month. Have a conversation about where their food comes from and how it's grown. Don't forget the tasting part!

March's Monthly Harvest is **Dairy!** Dairy is a rich source of Calcium and Vitamin D. Try making your own yogurt pops!

Yogurt Pops (Courtesy of PA Eats)

- Yogurt
- Berries, fresh or frozen
- Popsicle sticks



1. In a medium bowl, stir yogurt and berries together.
2. Pour contents into popsicle mold or ice cube tray. Insert popsicle sticks at least 3/4 of the way into the mold or tray.
3. Put in freezer for 4 hours, or until pops are solid. To remove, run warm water over popsicle mold or ice tray to help loosen the pops.

Word Scramble: Unscramble the following words

1. urtfi _____
2. okgiocn _____
3. vsahre _____
4. tunnitiro _____
5. mreraf _____
6. efrtsbaka _____
7. crixeees _____

Prayer Corner

Lord, we thank you for the variety of foods that you allow to grow from the ground. Bless us with more knowledge of how we can live a healthier life. Amen.

Word Scramble Answers
1. fruit, 2. cooking, 3. harvest, 4. nutrition, 5. farmer, 6. breakfast, 7. exercise