



SFA School



MAY 2023

"Stay Peace-y and Stay Peachy"- Savannah P., 8th grade
From Holy Trinity

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

283 Chicken Tenders with Corn
541 Chocolate Hummus
750 Apple Juice
932 Cinnamon Scooby Snacks

1

Tuesday

297 Chicken & Vegetable
Dumplings with Green Beans
OR
282 BBQ Popcorn Chicken with Sweet
Mashed Potatoes
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
908 Dinner Roll

2

Wednesday

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

3

Thursday

215 Taco Stick
620 Salsa
604 Baked Beans
752 Fruit Punch Juice

4

Friday

281 Popcorn Chicken with Roasted
Potatoes
631 Cherry Star Vegetable Juice
659 Watermelon Craisins
541 Chocolate Hummus
990 Chocolate Chip Cookie

5

256 Cheese Stuffed Breadsticks
622 Marinara Sauce
609 Dole Mixed Fruit Cup
631 Cherry Star Vegetable Juice

8

215 Taco Stick & 620 Salsa
631 Cherry Star Vegetable Juice
658 Cherry Craisins
941 Tostitos Scoops

9

286 Penne Pasta with Meat Sauce &
Italian Vegetable Blend
611 Bagged Baby Carrots
694 Kiwi & Strawberry Sidekick
901 Honey Biscuit

10

288 Mac & Cheese with Broccoli
541 Chocolate Hummus
670 Fresh Fruit
942 Sunchips

11

NO SCHOOL
Designer Bag
BINGO - 5/13

12

283 Chicken Tenders with Corn
620 Salsa
752 Fruit Punch Juice
941 Tostitos Scoops

15

281 Popcorn Chicken with Roasted
Potatoes
611 Bagged Baby Carrots
659 Watermelon Craisins
932 Scooby Snacks

16

256 Cheese Stuffed
Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
649 Dole Orange Gello Bowl

17

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

18

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

19

293 Chicken Parmesan with
Green Beans &
915 Hamburger Bun
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

22

256 Cheese Stuffed
Breadsticks
622 Marinara Sauce
611 Bagged Baby Carrots
691 Strawberry Apple Crisps

23

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

24

215 Taco Stick
620 Salsa
633 Sunset Sip Vegetable Juice
686 Rosati Water Ice
941 Tostitos Scoops
Spring Show 1:00 P.M.
& 7:00 P.M. Gym

25

NO SCHOOL
Memorial Day
Weekend

26



29

225 Ciabatta Cheese Melt
620 Marinara Sauce
630 Dragon Punch Vegetable Juice
670 Fresh Fruit
686 Water Ice Sidekicks

30

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

31

282 BBQ Popcorn Chicken with
Sweet Mashed Potatoes 611
Bagged Baby Carrots
541 Chocolate Hummus
659 Watermelon Craisins
932 Scooby Snacks

1

8th Grade Field Trip

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

2

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.

MAY 2023



Wellness Corner

- Too much salad dressing can cancel out the nutritious benefits of a salad. Ask for dressing to be served "on the side" so you can control how much you add.
- Who said a salad only had to have vegetables? Explore new flavor combinations by adding grapes, beans, cheese, sunflower seeds, tangerines or raisins to a salad. The possibilities are endless!

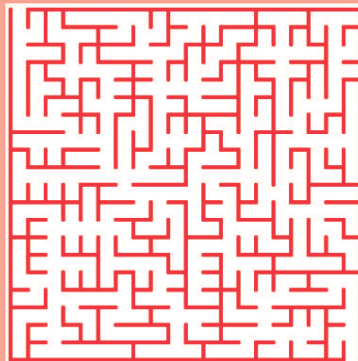


Hydration Maze

Emilio is trying to reach his goal of 10 cups of water a day. See if you can help him get back on track.



START



FINISH

Dear Parents, Caregivers & Students

May is National Salad Month! Embrace the season by experimenting with some new toppings on your salad.

This month's harvest is **ASPARAGUS**! Try the recipe below:

Asparagus Pizza (from Food Network)

1. Trim 1/2 pound asparagus. Cut each stalk in half lengthwise, then crosswise into 2-inch pieces.
2. Form 1 pound refrigerated pizza dough (at room temperature) into an 11x15" rectangle on an oiled piece of parchment.
3. Top with the asparagus and 1 cup shredded fontina. Slide the crust (on the parchment) onto inverted baking sheet.
4. Bake at 475° until the bottom is crisp, 12 minutes. Top with pesto and red pepper flakes.



Prayer Corner

Lord, we thank you for contuning to supply our every need. May we glorify and reflect you the way you dserve tobe reflected. Amen.