

# ELEMENTARY SCHOOL HOT LUNCH

## NOVEMBER 2024

Good Food, Good Mood – You gotta nourish the body”- Gabby M, 7th grade @ Drexel Neumann Academy

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>4</b></p> <p>257 Mozzarella Sticks <b>V</b>                      622 Marinara Cup                      630 Dragon Punch Vegetable Juice                      670 Fresh Fruit</p>	<p><b>5</b></p> <p>272 Buffalo Chicken Calzone                      611 Bagged Baby Carrots                      543 Red Pepper Hummus                      651 Mango Pineapple Smoothie Bowl</p> 	<p><b>6</b></p> <p>209 Taco Meat</p>  <p>620 Salsa Cup                      634 Ruby Rusher Vegetable Juice                      670 Fresh Fruit                      941 Tostitos Scoops</p>	<p><b>7</b></p> <p>280 Hamburger with Green Beans &amp; 915 Wheat Hamburger Buns                      706 Spinach Salad w. Cherry Tomatoes                      670 Fresh Fruit <b>OR</b>                      682 Bananas</p>	<p><b>8</b></p> <p>206 French Toast w. Sausage                      623 Tater Tots                      541 Chocolate Hummus                      752 Fruit Punch Juice                      932 Cinnamon Scooby Snacks</p>
<p><b>11</b></p> <p>208 Mini Corn Dogs                      611 Bagged Baby Carrots                      543 Red Pepper Hummus                      609 Dole Mixed Fruit Cup</p> 	<p><b>12</b></p> <p>203 Mini Pepperoni Calzone                      620 Salsa Cup                      630 Dragon Punch Vegetable Juice                      658 Cherry Craisins                      941 Tostito Scoops</p>	<p><b>13</b></p> <p>257 Mozzarella Sticks <b>V</b>                      622 Marinara Cup</p>  <p>702 Potato Smiles                      670 Fresh Fruit</p>	<p><b>14</b></p> <p>221 Two Cheese, Chicken Quesadilla</p>  <p>708 Spinach Salad w. Chickpeas                      682 Bananas                      932 Cinnamon Scooby Snacks</p>	<p><b>15</b></p> <p>212 Taco Triangles</p>  <p>634 Ruby Rusher Vegetable Juice                      620 Salsa Cup                      622 Marinara Cup                      749 Apple Cherry Juice                      927 Cheddar Goldfish</p>
<p><b>18</b></p> <p>205 Popcorn Chicken                      271 Cheeseburger Calzone                      611 Bagged Baby Carrots                      543 Red Pepper Hummus                      752 Fruit Punch Juice</p>	<p><b>19</b></p> <p>257 Mozzarella Sticks <b>V</b>                      622 Marinara Cup                      632 Wango Mango Vegetable Juice                      649 Dole Orange Gel Cup</p>	<p><b>20</b></p> <p>232 Buffalo Chicken &amp; Cheddar on Brioche Bun                      OR                      238 Chicken, Turkey Pepperoni &amp; Cheese Croissant                      603 Baked Beans                      634 Ruby Rusher Vegetable Juice                      670 Fresh Fruit</p>	<p><b>21</b></p> <p>263 5" Round Cheese Pizza <b>V</b>                      706 Spinach Salad w. Cherry Tomatoes                      670 Fresh Fruit <b>OR</b>                      682 Bananas                      927 Cheddar Goldfish</p>	<p><b>22</b></p> <p><b>NO SCHOOL</b></p> <p><b>Morning</b></p> <p><b>Parent/Teacher</b></p> <p><b>Conferences</b></p>
<p><b>25</b></p> <p>256 Cheese Stuffed Breadsticks <b>V</b> &amp; 622 Marinara Cup &amp; 934 Dino Bites                      630 Dragon Punch Vegetable Juice                      654 Raspberry Lemonade Craisins</p>	<p><b>26</b></p> <p>205 Popcorn Chicken</p>  <p>702 Potato Smiles                      689 Strawberry Applesauce                      993 Turkey Cookie</p>	<p><b>27</b></p> <p><b>NO SCHOOL</b></p> <p><b>Thanksgiving</b></p> <p><b>Break</b></p>	<p><b>28</b></p>  	<p><b>29</b></p>

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.

Nutritional Development Services  
 Archdiocese of Philadelphia  
 222 N 17th St. Philadelphia, PA 19103  
 215-895-3470, option 1



# November

2024

## Dear Parents, Caregivers, & Students,

As we *Fall* into the holiday season, NDS encourages everyone to maintain their healthy habits! For many families, the holiday season can be one of the busiest times of the year. Eating a well-balanced diet, exercising, and taking time for yourself can help ensure your family stays healthy while partaking in all the fun and festive experiences the season offers!

### Fall Produce

Many fruits and vegetables can be enjoyed throughout the year, but these fall produce are especially fresh, tasty, and nutritious during peak season. Here are a few that you might enjoy sharing during November:

Apples 

 Pears

Broccoli 

 Cauliflower

### Be Thankful!

November is National Gratitude Month, a time to celebrate and give thanks. It's a chance to reflect on what you're grateful for and to acknowledge the goodness in your life. Throughout the month, take some time to think of everything you are thankful for, and share that gratitude with others.

NDS is very grateful for the ability to provide our students with nutritious meals!

### Prayer Corner

Thank you for Your gift of salvation and Your many promises that bring me hope, peace, and joy. May I see today all I have to be thankful for.  
Amen.



### Follow Us @



schoolmealsnds



NDS School Lunch Program

