



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

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2	3 WELCOME BACK!!!	4	5  National Cheese Pizza Day
8 PRE K & KINDERGARTEN PLEASE RETURN BY SEPTEMBER 8	9 NAME _____	10 _____	11 	12 GRADE _____
15 209 Taco Meat & 941 Tostitos Scoops  611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 750 Apple Juice 	16 208 Mini Corn Dogs  702 Potato Smiles 670 Fresh Fruit	17 264 4x6 Cheese Pizza  621 Celery Sticks 670 Fresh Fruit	18 204 Chicken Nuggets  708 Spinach Salad w. Chickpeas 682 Bananas	19 HALF DAY  NO LUNCH
22 251 Grilled Cheese  630 Dragon Punch Veggie Juice 543 Red Pepper Hummus 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	23 200 Hamburger  611 Bagged Baby Carrots 541 Chocolate Hummus 750 Apple Juice	24 220 Hot Dog & 906 Hot Dog Bun  702 Potato Smiles 697 Bagged Sliced Apples	25 5" Round Cheese Pizza 706 Spinach Salad Tomatoes  682 Bananas  National Cooking Day	26 257 Mozzarella Sticks  622 Marinara Cup 632 Wango Mango Veggie Juice 670 Fresh Fruit

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 any allergic reaction. © NDS School Meals. The Allergies of

$$y = \frac{1}{2+x^2}$$



# September



## 2025



$$y = (x-3)^2$$

### Dear Parents, Caregivers, & Students,

We hope your summer was filled with fun, rest, and unforgettable memories. As we kick off a brand-new school year, NDS is thrilled to welcome back all staff, students, and families!

A healthy mind starts with a healthy meal, so be sure to fuel your success with a nutritious start! Be sure to visit your lunchroom each morning for a nutritious and delicious breakfast that helps boost focus, energy, and learning. And don't forget to return at lunchtime for a well-balanced meal to keep you going strong throughout the day.

Whether it's whole grains, fresh fruits, or protein-packed options, NDS school meals are designed to support students' academic success and overall well-being!

Let's make this school year one to remember—full of learning, growth, and great memories. Here's to a strong and healthy start!

### Try It Tuesday Challenge!

Are you ready to be a food explorer? Every Tuesday, NDS encourages students to try something new on the menu. It could be something colorful, crunchy, or even a little surprising! So keep an open mind, be bold, be brave, and try something new on Tuesdays! If you tried something new let the lunch manager know because your feedback helps NDS plan fun and healthy meals.



### Peppers!



Peppers come in all sorts of colors—red, green, yellow, and even purple! They're crunchy, sweet or sometimes a little spicy, and packed with vitamin C to help keep you healthy. You can eat them raw, dip them in hummus, or add them to your favorite meals. Try a new color next time and see which one you like best!



### Healthy Habits Tip

Did you know your body is made up of mostly water? That's why staying hydrated is super important, especially when you're running, playing, or learning hard at school!

Water helps you:

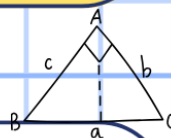
- Stay focused in class
- Keep your body cool on hot days
- Boost your energy and mood
- Keep your skin and muscles healthy

How to make it a habit:

- Bring a reusable water bottle to school
- Take sips during the day, especially after recess or PE
- Choose water instead of sugary drinks

### Gratitude Corner

Thank you for this moment, this breath, this life.  
May we see the good, hold it close, and share it freely. Let gratitude light our way.



### Follow Us!

