


Elementary School Lunch Menu - February 2012

Lunch always includes a choice of milk and a variety of condiments. Menu is subject to change. Elementary School Lunch Prices: \$1.95 or \$0.40



Try making your heart happy this month by eating nutritious foods and engaging in regular physical activity. List 3 things you plan on doing to make your heart happy this month:

- 1.
- 2.
- 3.

6	7	8	9	10
Hot Dog with Tri-Taters Mixed Vegetables Orange Juice Hot Dog Bun Apple Oatmeal Bar	Crispy Chicken Tenders Corn Apple Raisin Toast (It's New!) Fruit Juice Blend	NO SCHOOL TODAY NO LUNCH TODAY	Popcorn Chicken with Potato Smiles Bagged Carrots White Bread	Pizza Tossed Salad Fresh Fruit Animal Crackers
13	14	15	16	17
Hamburger Steak w/Gravy Mashed Potatoes Green Beans  Corn Bread Loaf	Chicken Nuggets with Hash Browns Tropical Applesauce White Bread Valentine Holiday Cookie	French Toast with Sausage Bagged Apples Orange Juice	Chicken Tenders with Potato Smiles Corn & Carrots Apple Cherry Juice Wheat Bread	Cheeseburger Mixed Vegetables Tossed Salad Hamburger Bun Graham Cracker
20	21	22	23	24
NO SCHOOL TODAY NO LUNCH TODAY President's Day	Chicken Nuggets with Hash Browns Mixed Vegetables Fruit Juice Blend Corn Bread Loaf Animal Crackers	Cheese Stuffed Breadsticks Marinara Dipping Sauce Grape Giggles Apple Cherry Juice Ash Wednesday	Meatloaf w/Gravy Mashed Potatoes Bagged Carrots Hamburger Bun	Pizza Tossed Salad Fresh Fruit Oatmeal Chocolate Chip Bar
27	28	29	March 1	2
MEATBALL MONDAY!! Meatballs w/Sauce Rosati Italian Ice Torpedo Roll	Cheeseburger Corn Mixed Fruit Applesauce Hamburger Bun Apple Oatmeal Bar	Chicken Tenders with Potato Smiles Mixed Vegetables Fruit Juice Blend Wheat Bread	Tostada Boat Tossed Salad Apple Juice	Grilled Cheese Pleezer Tomato Soup w/Noodles Fresh Fruit Oatmeal Cookie



Nutritional Development Services
Archdiocese of Philadelphia

222 North 17th Street
Philadelphia, PA 19103

215-895-3470
www.ndsarch.org

Contact: Anne Ayella

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 information has been provided by the supplier of the food item. To request product information please call 215-895-3470 during normal business hours.

Happy Valentine's Day!



GROW WITH GREENS

February is American Heart Month! Plan to keep active and eat foods that are heart healthy. Keeping active is as easy as playing outside with friends, or engaging in activities such as sports, dance, swimming, ice skating, and rollerblading.

Try keeping your heart healthy this month by making small changes in what you eat and do. Here are some healthy tips:

1. Eat grains that are 100% whole grains. These grains provide fiber as well as important vitamins and minerals.
2. Eat the rainbow of fruits and vegetables. Try eating different colors of fruits and vegetables each day, such as strawberries, blueberries, broccoli, and carrots.
3. Drink low-fat or nonfat milk, water or 100% fruit juice instead of soda.
4. Fish and nuts are good foods for your heart. Try eating healthy varieties of these foods more often.

This month's featured menu item is green beans. Green beans are a vegetable that offer many nutrients including fiber, vitamin K, vitamin A and vitamin C. Green beans are delicious and available year round!

Green beans have other names such as snap beans and string beans. They are sometimes called snap beans because when you bend the beans they snap in half. The name string bean was originated because when the beans were first grown they had a string running along the seam of the bean pod.

Green beans help to maintain a healthy eyesight and build strong bones and teeth. They also may help lower the risk of some cancers!

Remember to look for the green leaf icon on the menu to help locate this month's featured vegetable!



Supermarket Tips!



Shopping Tips for Green Beans-

- Look for fresh, well-colored beans that snap easily when bent.
- Choose beans that are long and straight.
- Avoid green beans that are limp, discolored or have a wrinkled texture. Discoloration of green beans is a sign that the green beans are no longer fresh.

Storage-

- Refrigerate green beans in a plastic bag and try to use them within one week.

Word Scram-

Unscramble these letters to spell some heart healthy foods and nutrients:

1. RIBEF
2. AINGRS
3. RUITSF
4. TVGEEASLESB
5. SIFH



Answers 1. Fiber, 2. Grains, 3. Fruits, 4. Vegetables, 5. Fish

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