




February 2012- Junior High Lunch Menu

Lunch includes a choice of milk & a variety of condiments.

Price: \$2.05 or \$0.40. Menu is subject to change.

Keep an eye out for the heart healthy foods and try to eat more of them throughout your day!

6	7	8	9	10
Hot Dog French Fries Mixed Vegetables Orange Juice Hot Dog Bun	Crispy Chicken Filet String Cheese Corn Apple Cinnamon Toast Fruit Juice Blend	NO SCHOOL TODAY NO LUNCH TODAY	Popcorn Chicken with Potato Smiles Sunflower Kernels Bagged Carrots White Bread	Pizza Cherry Vanilla Yogurt Tossed Salad Fresh Fruit
13	14	15	16	17
Hamburger Steak Mashed Potatoes Green Beans  Corn Bread Loaf	Chicken Nuggets with Hash Browns Tropical Applesauce White Bread Valentine Holiday Cookie	French Toast Sticks with Sausage Strawberry Yogurt Bagged Apples Orange Juice	Chicken Tenders with Potato Smiles String Cheese Corn & Carrots Apple Cherry Juice Wheat Bread	Cheeseburger Mixed Vegetables Tossed Salad Hamburger Bun
20	21	22	23	24
NO SCHOOL TODAY NO LUNCH TODAY President's Day	Chicken Nuggets with Hash Browns Mixed Vegetables Fruit Juice Blend Wheat Bread	Cheese Stuffed Breadsticks Golden Deluxe Trail Mix Marinara Dip Grape Giggles Apple Cherry Juice Ash Wednesday	Meatloaf Mashed Potatoes Bagged Carrots White Bread	Pizza String Cheese Tossed Salad Fresh Fruit
27	28	29	March 1	2
Chicken Parmesan Rosati Italian Ice Torpedo Roll	Cheeseburger Corn Mixed Fruit Applesauce Hamburger Bun	Chicken Nuggets with Hash Browns Mixed Vegetables Fruit Juice Blend Wheat Bread	Tostada Boat Honey Nutz Tossed Salad Apple Juice	Grilled Cheese Pleezer Strawberry Yogurt Tomato Soup w/Noodles Fresh Fruit Oatmeal Cookie

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 215-395-3470 during normal business hours.

Nutritional Development Service
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215-896-3470
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Happy Valentine's Day!

A goal for you this month can be to keep your heart healthy. Some tips to remember for keeping your heart in great shape include:

- Try eating a variety of fruits and vegetables throughout your day. Fruits and vegetables provide essential nutrients for your heart.
- Always remember to choose healthier options of foods such as water or low fat milk instead of soda, or a piece of fruit instead of chips.
- Keep physically active! Exercise promotes the strengthening of your heart, mind, and body.

Test your Heart Healthy Knowledge:

1. Fiber is packed with whole grains and nutrients. Which food is a great source of fiber?
A) Cheese B) Whole wheat breads C) Crackers
2. Eating fish is a great way to improve heart health. Aim to eat fish:
A) Once every two weeks B) Once every month C) At least twice a week
3. Which food do you think is the best choice to keep your heart healthy?
A) Bacon B) Blueberries C) French fries
4. Which activity do you think will be the most beneficial for your heart?
A) Skipping breakfast B) Watching TV for hours C) Playing sports with friends



This month's featured menu item is green beans. Green beans are a great source of fiber, vitamin K, and vitamin C. Green beans are fat-free and delicious! Green beans are also known as string beans and are available year round. Enjoy green beans with any meal and you will be providing yourself with essential nutrients! Remember to look for the green leaf for the featured fruit or vegetable of the month.

Supermarket Tips!



Shopping tips—Choose fresh, colored beans that snap easily when bent. Avoid beans that are soft, limp, or have brown spots or open pods. Discoloration of green beans is a sign that they are old and not edible.

Storage—Refrigerate the green beans in a plastic bag and try to use the green beans within one week for best results.

Green beans are easy to cook and serve. Simply wash the green beans and boil the beans for about 3 minutes. Drain the green beans and add almonds, peppers, or any of your favorite seasonings.



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