

Elementary School Lunch Menu - January 2012

Elementary School Lunch Prices:
\$1.95 or \$0.40



Lunch always includes a choice of milk and a variety of condiments.


Menu is subject to change.



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.

9	10	11	12	13
Popcorn Chicken with Potato Smiles Corn White Bread	French Toast with Sausage <i>Blueberry Applesauce</i> <i>Orange Juice</i>	Miss Marty's Magnificent Meatloaf (with Gravy!) <i>Mashed Potatoes</i> <i>Bagged Carrots</i> <i>White Bread</i> <i>Vanilla Smart Cookie</i>	Hot Dog with Tri-Taters Mixed Vegetables Fruit Juice Blend French Onion Sun Chips Wheat Hot Dog Bun	French Bread Pizza <i>Tossed Salad</i> <i>Fresh Fruit</i> <i>Oatmeal Cookie</i>
16	17	18	19	20
Martin Luther King, Jr. Day No School Today NO LUNCH TODAY	Make Your Own Meatball Hoagie ! Meatballs w/Sauce <i>Torpedo Roll</i> <i>Rosati Italian Ice</i> <i>Animal Crackers</i>	Cheeseburger <i>Corn & Carrots</i> <i>Orange Pineapple Whole Fruit Juice Cup</i> <i>Hamburger Bun</i> <i>Graham Crackers</i>	Chicken Patty with Hash Browns Broccoli  Apple Cherry Juice Hamburger Bun All Sports Grahams	Grilled Cheese Sandwich <i>Tossed Salad</i> <i>Bagged Apples</i> <i>(Instead of Soup!)</i>
23	24	25	26	27
Chicken Tenders with Potato Smiles Peach Cup Wheat Bread	Cheese Stuffed Breadsticks <i>Marinara Dipping Sauce</i> <i>Apple Juice</i> <i>Vanilla Sound Bites Cookies</i>	FACULTY-IN-SERVICE NO SCHOOL TODAY NO LUNCH TODAY	Spaghetti with Meatballs <i>Blueberry Applesauce</i> <i>Italian Breadstick</i>	Pizza <i>Tossed Salad</i> <i>Fresh Fruit</i> <i>Graham Crackers</i>
30	31	Feb 1	2	3
Crispy Chicken Tenders <i>Mashed Sweet Potatoes</i> <i>Pineapple Cup</i> <i>Mini Corn Bread Loaf</i>	Waffles with Sausage <i>Bagged Apples</i> <i>Orange Juice</i>	It's the Fabulous February First Freezer Feast! <i>"Something to please all tastes!"</i>	Popcorn Chicken with Potato Smiles Grape Giggles Wheat Bread	Cheeseburger <i>Fresh Fruit</i> <i>Tossed Salad</i> <i>Hamburger Bun</i>



January 2012

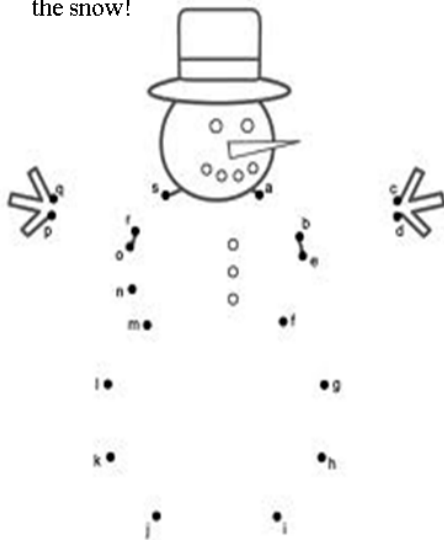


GROW WITH GREENS

Happy New Year!

It may be cold and snowy outside, but it's still important to keep active so your body stays healthy. Here are some fun activities to enjoy with friends and family this winter:

Connect the letters of the alphabet to create a fun activity you can do in the snow!



Build a snowman



Go sledding



Make a snow angel



Offer to help shovel the snow



Help out cleaning around the house



Try something new like ice skating




Limit time watching TV; go outside and enjoy the snow!

List 2 physical activities you will do to stay healthy this year:

- 1.
- 2.

The featured vegetable this month is delicious broccoli! Broccoli can be enjoyed either cooked or raw. It can add color to your plate or a crunch to your salad. As a snack, try dipping it in your favorite vegetable dip.

Broccoli is one of the few vegetables available year round. It contains lots of great nutrients such as vitamin C, Vitamin E, folate, beta carotene, fiber and potassium! Did you know that broccoli contains twice the amount of vitamin C than an orange?! It also contains compounds that can help fight against some certain types of cancer.

Remember look for the new leaf  icon to locate this month's featured fruit or vegetable on the menu.



Supermarket Tips:

Shopping tips for broccoli: Look for odorless broccoli heads with tight bluish, green florets. Choose bunches of broccoli with stalks that are very firm.



Storage tips: Broccoli is best kept in the refrigerator. For the best results, it is suggested that broccoli is used within 3-5 days after purchase.

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Lord, we thank You for the gift of changing seasons and the beauty of nature around us. Give us the eyes to see Your many gifts and a grateful heart to appreciate them. AMEN.