



# January 2012- Junior High Lunch Menu

Lunch includes a choice of milk & a variety of condiments.  
Price: \$2.00 or \$0.40. Menu is subject to change.

One of your goals this new year can be to make healthier food choices. Start by choosing to eat the fruit or vegetable every day at lunch. Broccoli is the featured vegetable this month!



9	10	11	12	13
<b>Popcorn Chicken with Potato Smiles</b> Honey Chicken Stick Corn White Bread	<b>French Toast with Sausage</b> Strawberry Yogurt Blueberry Applesauce Orange Juice	<b>Miss Marty's Magnificent Meatloaf (with Gravy!)</b> Mashed Potatoes Bagged Carrots White Bread Vanilla Smart Cookie	<b>Beef Hot Dog</b> French Fries String Cheese Mixed Vegetables Fruit Juice Blend French Onion Sun Chips Wheat Hot Dog Bun	<b>French Bread Pizza</b> Honey Roasted Sunflower Kernels Tossed Salad Fresh Fruit Oatmeal Cookie
16	17	18	19	20
<b>Martin Luther King, Jr. Day</b>  <b>No School Today</b>  <b>NO LUNCH TODAY</b>	<b>Chicken Parmesan</b> Rosati Italian Ice Torpedo Roll Animal Crackers	<b>Cheeseburger</b> Corn & Carrots Orange Pineapple Whole Fruit Juice Cup Hamburger Bun Graham Crackers	<b>BBQ Chicken Fillet</b> French Fries Apple Cherry Juice Hamburger Bun All Sports Grahams	<b>Grilled Cheese Sandwich</b> Honey Roasted Sunflower Kernels Tossed Salad Bagged Apples (Instead of Soup!)
23	24	25	26	27
<b>Chicken Tenders with Potato Smiles</b> Honey Nutz Peach Cup Wheat Bread	<b>Cheese Stuffed Breadsticks</b> Golden Deluxe Trail Mix Marinara Dipping Sauce Apple Juice	<b>FACULTY-IN-SERVICE</b>  <b>NO SCHOOL TODAY</b>  <b>NO LUNCH TODAY</b>	<b>Spaghetti with Meatballs</b> Blueberry Applesauce Italian Breadstick	<b>Pizza</b> Honey Chicken Stick Tossed Salad Fresh Fruit

30	31	Feb 1	2	3
Crispy Chicken Pumpkin Seeds Mashed Sweet Potatoes Pineapple Cup Mini Corn Bread Loaf	Waffles with Sausage Peach Yogurt Bagged Apples Orange Juice	<b>It's the Fabulous February First Freezer Feast!</b>  <i>"Something to please all tastes!"</i>	Popcorn Chicken with Potato Smiles Honey Chicken Stick Grape Giggles Orange Juice Wheat Bread	Cheeseburger Fresh Fruit Tossed Salad Hamburger Bun

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.



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# Junior High School January Lunch Menu

## Stay Active this New Year!



S G G B X S B Z N S  
H W N W X P G A N T  
O A I I P F M O M R  
V L T Q N W M S J O  
E K A S O A B E C F  
L I K N N L E H N W  
I N S G I F R L K O  
N G E Q S J K X C N  
G L C N K Y H L P S  
G N I D D E L S S M

Begin this New Year with the goal to keep active through the winter months. Physical activity provides great benefits to your body and mind! Complete this word search to find ideas on how to keep active.

### Did You Know?

When pulling your sled up the hill, you are building endurance, burning calories, and strengthening your arm and leg muscles.

Ice Skating is a great form of exercise and can burn 250 calories or more in just one hour!

Building a snowman is exercise! Walking through the snow, scooping, and lifting the snow is a great way to keep your body active.



Broccoli is the featured vegetable this month. Broccoli is available year round and is a great source of vitamin C, folate, fiber, and potassium.

Broccoli can be added to your salad or dipped in your favorite vegetable dip. No matter how you eat your broccoli, you are making your body happy by supplying it with plenty of nutrients. 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.

Lord, we thank You for new beginnings and the days ahead. Bless us in 2011 and give us the grace to be people of peace each day. AMEN.

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