



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

Elementary School Lunch Menu - March 2012

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

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.

5	6	7	8	9
Hot Dog w/Tri-Taters Mixed Fruit Applesauce Hot Dog Bun All Sports Grahams	Crispy Chicken Tenders Mixed Vegetables Apple Cinnamon Toast Fruit Juice Blend	It's been a year, but now it's here... Miss Marty's March Madness Mystery Meal!!! Mmmmmmm!!!	Spaghetti with Meatballs Tossed Salad Apple Juice Italian Breadstick	Round Pizza Fresh Fruit Apple Oatmeal Bar
12	13	14	15	16
Waffles with Sausage Bagged Apples Orange Juice	Popcorn Chicken w/ Potato Smiles Corn & Carrots White Bread Vanilla Smart Cookie	Cheeseburger Corn Rosati Italian Ice Hamburger Bun Cinnamon Graham Crackers	The Samurai's Favorite... Teriyaki Chicken w/Rice Tossed Salad Pineapple Cup Animal Crackers	Cheese Stuffed Breadsticks Marinara Dipping Sauce Apple Juice
19	20	21	22	23
Chicken Tenders w/ Potato Smiles Orange Pineapple Whole Fruit Cup Wheat Bread	Pizza? On a Tuesday? Yes! French Bread Pizza Grape Giggles Cinnamon Graham Crackers	Hot Dog with Tri-Taters Bagged Carrots  Apple Cherry Juice Hot Dog Bun Mini Cheese Crackers	It's back! Make your own Meatball Hoagie! Meatballs w/Sauce Rosati Italian Ice Torpedo Roll Dino Bites	NO SCHOOL TODAY NO LUNCH TODAY
26	27	28	29	30
Chicken Tenders w/ Hash Browns Vegetable Cup Corn Bread Loaf	Crispy Chicken Tenders Peach Cup Apple Cinnamon Toast (Yum!) Fruit Juice Blend	French Toast with Sausage Tropical Applesauce Orange Juice	Popcorn Chicken w/ Potato Smiles Tossed Salad Oranges Wheat Bread	***** NEW !!!! ***** Egg Salad on Wheat Roll Bagged Carrots  Apple Cherry Juice All Sports Grahams

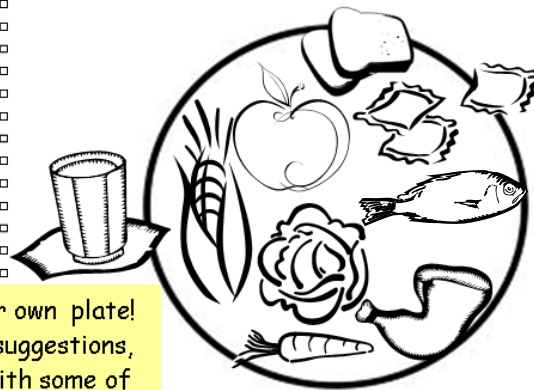


MARCH 2012

March is National Nutrition Month! This month's theme is **"Get Your Plate In Shape."** Focus on balancing your plate with healthier food choices and being mindful of portion sizes. Enjoy these tips to build a healthy plate:

- Fill up half of your plate with fruits and vegetables.
- Fruits and vegetables provide many essential vitamins and minerals.
- The other half of your plate should be divided between lean protein choices and grains.
- Protein choices can include beans, white meat poultry or fish.
- Remember to make half of your grains whole grains.

Color in these foods to build your own plate! Remember these foods are only suggestions, feel free to balance your plate with some of your own favorite healthy foods.



GROW WITH GREENS



This month's featured menu item is **carrots**. Carrots are a very nutritious vegetable; they are an excellent source of vitamin A and a good source of vitamin C. Carrots are fat free and low in sodium.

- The Vitamin A in carrots offers many benefits to our bodies:
 - Keeps our eyes healthy.
 - Promotes healthy skin, and a strong immune system.
- Carrots contain phytochemicals that may reduce risk of heart disease and certain cancers.



Did you know when you are eating the carrot you are actually eating the root? The green leaves that are attached to the top of the orange carrot grow above the soil.

Supermarket Tips!

Shopping Tips— choose smooth, firm, well-colored carrots. Fresh carrots often have full colored green tops. Avoid soft, wilted, tender, or split carrots.

Storage— Refrigerate carrots in plastic bags. Carrots store well in the refrigerator for up to two weeks. Be careful not to store carrots with apples and pears as the carrots will absorb odors from those fruits!

The sweet, crunchy flavor of carrots taste great with vegetable dip, hummus, or low-fat dressing!



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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.

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