

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	Average
257 Hot Dog with Tri-Taters 717 Mixed Vegetables 753 Orange Juice 907 Wheat Hot Dog Bun 911 Apple Oatmeal Bar	223 Crispy Chicken Tenders 715 Corn 315 Apple Raisin Toast 752 Fruit Juice Blend	290 Spaghetti with Meatballs OR 292 Penne Pasta with Meat Sauce 711 Green Beans OR 699 Mixed Fruit Applesauce 909 Italian Breadstick OR 903 Torpedo Roll	224 Popcorn Chicken with Potato Smiles 724 Broccoli OR 700 Bagged Carrots 906 White Bread	261-263-268 Pizza Choice 602 Tossed Salad 670 Fresh Fruit OR 745 Fruited Gelatin 927 Animal Crackers	Cal: 789 Total Fat: 25 g Sat. Fat: 7 g Protein: 31 g Iron: 5 mg Calcium: 478 mg Vitamin A: 4711 IU Vitamin C: 27 mg
13	14	15	16	17	Average
222 Sliced Turkey w/ Gravy OR 285 Salisbury Steak w/Gravy 610 Mashed Potatoes OR 609 Mashed Sweet Potatoes 711 Green Beans 904 Wheat Bread OR 310 Corn Bread Loaf	214 Chicken Nuggets With Hash Browns 745 Fruited Gelatin OR 683 Tropical Applesauce 906 White Bread 937 Valentine Holiday Cookie	316 French Toast with Sausage OR 288 Waffles with Sausage 697 Bagged Apples OR 721 Baked Cinnamon Apples 753 Orange Juice	225 Chicken Tenders with Potato Smiles 712 Corn & Carrots 749 Apple Cherry Juice 904 Wheat Bread	200 Hamburger OR 201 Cheeseburger 717 Mixed Vegetables 602 Tossed Salad 900 Hamburger Bun OR 905 Potato Bun 989 Graham Cracker	Cal: 800 Total Fat: 25 g Sat. Fat: 6 g Protein: 32 g Iron: 5 mg Calcium: 406 mg Vitamin A: 6044 IU Vitamin C: 34 mg
20	21	22	23	24	Average
257 Hot Dog with Tri-Taters 697 Bagged Apples OR 721 Baked Cinnamon Apples 907 Wheat Hot Dog Bun 921 Vanilla Smart Cookie President's Day	214 Chicken Nuggets With Hash Browns 711 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread OR 310 Corn Bread Loaf 927 Animal Crackers	255 Cheese Stuffed Breadsticks 682 Marinara Dipping Sauce 670 Fresh Fruit OR 681 Grape Giggles 749 Apple Cherry Juice Ash Wednesday	286 Meatloaf w/Gravy OR 285 Salisbury Steak w/Gravy 610 Mashed Potatoes 700 Bagged Carrots 906 White Bread OR 905 Potato Bun	261-263-268 Pizza Choice 602 Tossed Salad 670 Fresh Fruit 912 Oatmeal Chocolate Chip Bar	Cal: 783 Total Fat: 26 g Sat. Fat: 8 g Protein: 31 g Iron: 5 mg Calcium: 561 mg Vitamin A: 4852 IU Vitamin C: 29 mg
27	28	29	March 1	2	Average
204 Chicken Parmesan OR 294 Meatballs w/Sauce 687 Rosati Italian Ice OR 711 Green Beans 903 Torpedo Roll OR 909 Italian Breadstick	200 Hamburger OR 201 Cheeseburger 715 Corn 699 Mixed Fruit Applesauce 900 Hamburger Bun OR 905 Potato Bun 911 Apple Oatmeal Bar	225 Chicken Tenders w/ Potato Smiles 717 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread	215 Tostada Boat OR 217 Teriyaki Chicken w/Rice 602 Tossed Salad 741 Pineapple Cup OR 750 Apple Juice	265 Grilled Cheese Pleezer OR 255 Cheese Stuffed Breadsticks 684 Tomato Soup w/Noodles OR 682 Marinara Dipping Sauce 670 Fresh Fruit 991 Oatmeal Cookie	Cal: 782 Total Fat: 25 g Sat. Fat: 8 g Protein: 33 g Iron: 5 mg Calcium: 411 mg Vitamin A: 1759 IU Vitamin C: 23 mg



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Archdiocese of Philadelphia

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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!



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.

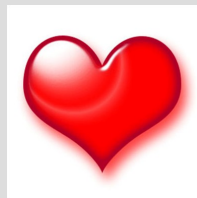
Try keeping your heart healthy this month by making small changes in what you eat and do. Here are some healthy tips:

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.

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



Grow with Greens

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.

