




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
409 Hot Dog 695 French Fries OR 257 Hot Dog w/Tri-Taters 131 Honey Nuts 717 Mixed Vegetables 753 Orange Juice 907 Wheat Hot Dog Bun	223 Crispy Chicken Filet 118 String Cheese 715 Corn 315 Apple Cinnamon Toast 752 Fruit Juice Blend	419 Spaghetti with Meatballs 711 Green Beans OR  699 Mixed Fruit Applesauce 909 Italian Breadstick OR 903 Torpedo Roll	224 Popcorn Chicken with Potato Smiles 130 Sunflower Kernels 724 Broccoli OR 700 Bagged Carrots 906 White Bread	261-263-268 Pizza Choice 134 Cherry Vanilla Yogurt 602 Tossed Salad 670 Fresh Fruit OR 745 Fruited Gelatin

Calories: 831
Total Fat: 26 g

Sat. Fat: 8 g
Protein: 36 g

Iron: 7 mg
Calcium: 589 mg

Vitamin A: 4767 IU
Vitamin C: 28 mg

13	14	15	16	17
430 Meatloaf OR 421 Salisbury Steak 610 Mashed Potatoes OR 609 Mashed Sweet Potatoes 711 Green Beans  904 Wheat Bread OR 310 Corn Bread Loaf	424 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 132 Strawberry Yogurt 697 Bagged Apples OR 721 Baked Cinnamon Apples 753 Orange Juice	225 Chicken Tenders with Potato Smiles 118 String Cheese 712 Corn & Carrots 749 Apple Cherry Juice 904 Wheat Bread	414 Hamburger OR 410 Cheeseburger 717 Mixed Vegetables 602 Tossed Salad 900 Hamburger Bun OR 905 Potato Bun

Calories: 804
Total Fat: 25 g

Sat. Fat: 7 g
Protein: 36 g

Iron: 5 mg
Calcium: 491 mg

Vitamin A: 5542 IU
Vitamin C: 34 mg


20	21	22	23	24
409 Hot Dog 695 French Fries OR 257 Hot Dog w/Tri-Taters 134 Cherry Vanilla Yogurt 721 Baked Cinnamon Apples OR 697 Bagged Apples 907 Wheat Hot Dog Bun 921 Vanilla Smart Cookie President's Day	424 Chicken Nuggets with Hash Browns 717 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread	255 Cheese Stuffed Breadsticks 114 Golden Deluxe Trail Mix 698 Marinara Dip 670 Fresh Fruit OR 681 Grape Giggles 749 Apple Cherry Juice Ash Wednesday	430 Meatloaf OR 421 Salisbury Steak 610 Mashed Potatoes 700 Bagged Carrots 310 Corn Bread Loaf OR 906 White Bread	261-263-268 Pizza Choice 118 String Cheese 602 Tossed Salad 670 Fresh Fruit

Calories: 794
Total Fat: 26 g

Sat. Fat: 9 g
Protein: 37 g

Iron: 6 mg
Calcium: 693 mg

Vitamin A: 4964 IU
Vitamin C: 29 mg

27	28	29	March 1	2
417 Chicken Parmesan 711 Green Beans OR  687 Rosati Italian Ice 909 Italian Breadsticks OR 903 Torpedo Roll	414 Hamburger OR 410 Cheeseburger 715 Corn 699 Mixed Fruit Applesauce 900 Hamburger Bun OR 905 Potato Bun	424 Chicken Nuggets with Hash Browns 717 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread	217 Teriyaki Chicken w/ Rice OR 215 Tostada Boat 131 Honey Nutz 602 Tossed Salad 741 Pineapple Cup OR 750 Apple Juice	265 Grilled Cheese Pleezer OR 255 Cheese Stuffed Breadsticks 132 Strawberry Yogurt 604 Tomato Soup w/Noodles OR 682 Marinara Dipping Sauce 670 Fresh Fruit 991 Oatmeal Cookie

Calories: 801
Total Fat: 25 g

Sat. Fat: 8 g
Protein: 39 g

Iron: 5 mg
Calcium: 564 mg

Vitamin A: 1576 IU
Vitamin C: 22 mg

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.



This months 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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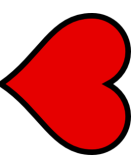
Happy Valentine's Day!

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 health 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



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