



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

Which fruits and vegetables did you try this month?

Which lunch foods did you like best?

Menu is subject to change.

Nutritional Development Services
 Archdiocese of Philadelphia

111 South 38th Street
 Philadelphia, PA 19104

215-895-3470
 www.ndsarch.org

Contact: Anne Ayella



Elementary School Lunch Menu - February 2010

Elementary School Lunch Prices:
 \$1.90 or \$0.40

1 200 Hamburger OR 201 Cheeseburger 715 Corn 688 Strawberry Applesauce 900 Hamburger Bun	2 213 Chicken Nuggets with Hash Browns 712 Corn & Carrots 906 White Bread	3 316 French Toast Sticks with Sausage OR 298 Ham & Cheese Hot Pocket 697 Apple Slices 752 Fruit Juice	4 290 Spaghetti & Meatballs OR 204 Chicken Parmesan 711 Green Beans 909 Italian Breadstick OR 900 Hamburger Bun	5 261-263 Pizza 602 Tossed Salad 670 Fresh Fruit
8 257 Hot Dog with Tri-Taters 745 Fruited Gelatin 907 Wheat Hot Dog Bun 991 Oatmeal Cookie	9 217 Teriyaki Chicken & Rice 717 Mixed Vegetables 753 Orange Juice 900 Hamburger Bun	10 285 Salisbury Steak OR 286 Meatloaf 710 Mashed Potatoes 711 Fresh Fruit 712 Hamburger Bun OR 904 Wheat Bread	11 224 Popcorn Chicken with Potato Smiles 700 Baby Carrots 906 White Bread	12 274 Rib-B-Que 900 Hamburger Bun OR 206 Taco Bowl 713 Mexi-Corn 602 Tossed Salad
15 216 Chicken Patty with Potato Rounds 683 Peach Cup 900 Hamburger Bun OR 906 White Bread 921 Vanilla Smart Cookie Presidents' Day	16 294 Meatballs 903 Italian Roll OR 205 Jumbo Corn Dog 712 Corn & Carrots 713 Fruit Juice	17 203 Macaroni & Cheese OR 291 Cheese Lasagna 711 Green Beans 712 Applesauce 906 White Bread Ash Wednesday	18 200 Hamburger OR 201 Cheeseburger 724 Broccoli 697 Apple Slices 900 Hamburger Bun	19 261-263 Pizza 602 Tossed Salad 670 Fresh Fruit
22 224 Popcorn Chicken with Potato Smiles 688 Strawberry Applesauce 904 Wheat Bread	23 281 Salisbury Steak with Mashed Potatoes 715 Corn 906 White Bread 992 Chocolate Chip Cookie	24 210 Chicken Tenders OR 253 Chicken Nuggets 717 Mixed Vegetables 752 Fruit Juice 904 Wheat Bread	25 290 Spaghetti & Meatballs OR 292 Penne Pasta in Meat Sauce 602 Tossed Salad 603 Italian Breadstick OR 901 Dinner Roll	26 255 Cheese-Stuffed Breadsticks 682 Marinara Sauce 700 Baby Carrots

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.

February 2010

Food Safety Tip:

Bacteria can grow very quickly in foods that are not stored at safe temperatures. Check your refrigerators and freezers regularly to make sure the food is being held at temperatures cold enough to prevent the growth of dangerous bacteria!



- Refrigerator temperatures should be **lower than 40°F**.
 - Put the thermometer in a glass of water and place it in the middle of the refrigerator. Wait 5 to 8 hours and check the temperature. If the temperature is not 38 to 40°F, adjust the refrigerator temperature control and check it again after another 5 to 8 hours.
- Freezer temperatures should be **lower than 0°F**.
 - Place the thermometer between frozen food packages in the freezer. Wait 5 to 8 hours and check the temperature. If the temperature is not 0 to 2°F, adjust the freezer temperature control and check it again after another 5 to 8 hours.

Supermarket Tip:

Food packaging and labels can be deceiving, so it's important to know what to look out for at the supermarket. Here are some hints to help you make healthier choices at the grocery store:

- Whole Wheat breads and grain products should have "whole wheat," "whole grain," or "stoneground" as the first ingredient. A product with "enriched flour" or "wheat flour" listed first is NOT a whole grain product.
- Trans fat is now on the Nutrition label, but look closely at the ingredient list. If the word "hydrogenated" is there, it means trans fat is too!



Natural products will have shorter ingredient lists than more processed foods, so choose an item with only a few ingredients if you're not sure!

Lord, we thank You for the gift of Your love. As we celebrate this month of February, give us hearts that love as You love. AMEN.

Nutritional Development Services, Archdiocese of Philadelphia
 111 South 38th Street, Philadelphia, PA 19104
 215-895-3470 www.ndsarch.org
 Contact: Anne Ayella (aayella@ndsarch.org)

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). TDD users can contact USDA through local relay or the Federal Relay at (800) 877-8339 (TDD) or (866) 377-8642 (relay voice users). USDA is an equal opportunity provider and employer.

Dental Health Month



February is Children's Dental Health Month! Besides brushing and flossing regularly, what can you do to keep your teeth healthy? Did you know that what you eat is also important to prevent cavities and tooth decay?

Here are some facts about making good food choices for a healthy smile:



- When you eat a sweet snack or have a sugary drink, bacteria form and join together to become plaque. The plaque sticks to your teeth and the longer it's there, the harder it is to make it go away.
- Saliva released when you eat helps to wash food away and prevent damage to your teeth. Sugary foods at mealtime are safer than sweet snacks because your mouth makes more saliva with larger meals.
- Dairy products like yogurt, cheese, and milk are good for your teeth! These foods are good sources of calcium, and this nutrient is important for healthy bones and teeth.

Sugar, Sugar!

Do you know how much sugar is in your favorite foods?

Match each food with the amount of sugar it contains, then fill in the missing letters to guess the word below!

- | | |
|-------------------------|-------------|
| 1. Rai _ ins | A. 17 grams |
| 2. Chocolate Do _ ghnut | B. 22 grams |
| 3. Oran _ e Juice | C. 32 grams |
| 4. B _ nana | D. 59 grams |
| 5. Da _ k Chocolate | E. 12 grams |



Answer: 1. D, 2. C, 3. B, 4. E, 5. A; SUGAR