



February 2010- 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.

1	2	3	4	5
414 Hamburger OR 410 Cheeseburger 715 Corn 688 Strawberry Applesauce 900 Hamburger Bun	423 Chicken Nuggets with Hash Browns 712 Corn & Carrots 906 White Bread	316 French Toast Sticks & Sausage OR 298 Ham & Cheese Hot Pocket 133 Strawberry-Banana Yogurt 697 Apple Slices 752 Fruit Juice	419 Spaghetti & Meatballs OR 417 Chicken Parmesan 711 Green Beans 909 Italian Breadsticks OR 900 Hamburger Bun	261-263 Pizza 126 Snack Pack Cheese 602 Tossed Salad 670 Fresh Fruit

8	9	10	11	12
409 Hot Dog 695 <i>French Fries</i> OR 257 Hot Dog with Tri-Taters 132 Strawberry Yogurt 133 Fruited Gelatin 991 Oatmeal Cookie 907 Wheat Hot Dog Bun	217 Teriyaki Chicken & Rice 129 Honey Roasted Sunflower Kernels 717 Mixed Vegetables 753 Orange Juice 900 Hamburger Bun	421 Salisbury Steak 710 Mashed Potatoes 670 Fresh Fruit 900 Hamburger Bun OR 904 Wheat Bread	224 Popcorn Chicken with Potato Smiles 118 String Cheese 700 Baby Carrots 906 White Bread 907 Cinnamon Graham Crackers	274 Rib-B-Que 900 <i>Hamburger Bun</i> OR 206 Taco Bowl 114 Deluxe Trail Mix 713 Mexi-Corn 602 Tossed Salad

15	16	17	18	19
423 Chicken Nuggets with Hash Browns 683 Peach Cup 906 White Bread 921 Presidents Smart Cookie Presidents' Day	294 Meatballs 903 <i>Italian Roll</i> OR 205 Jumbo Corn Dog 118 String Cheese 712 Corn & Carrots 752 Fruit Juice	203 Macaroni & Cheese 131 <i>Honey Nutz</i> OR 429 Cheese Ravioli 711 Green Beans 694 Applesauce 906 White Bread Ash Wednesday	414 Hamburger OR 410 Cheeseburger 724 Broccoli 697 Apple Slices 900 Hamburger Bun	261-263 Pizza 134 Cherry-Vanilla Yogurt 602 Tossed Salad 670 Fresh Fruit

22	23	24	25	26
224 Popcorn Chicken with Potato Smiles 118 String Cheese 688 Strawberry Applesauce 904 Wheat Bread	421 Salisbury Steak 710 Mashed Potatoes 715 Corn 906 White Bread 992 Chocolate Chip Cookie	210 Chicken Tenders OR 253 Chicken Nuggets 114 Deluxe Trail Mix 717 Mixed Vegetables 752 Fruit Juice 904 Wheat Bread	419 Spaghetti & Meatballs 602 Tossed Salad 909 Italian Breadstick OR 901 Dinner Roll	255 Cheese-Stuffed Breadsticks 132 Strawberry Yogurt 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.



Nutritional Development Services
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215-895-3470
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Healthy Choices!

Focus on WELLNESS this school year with healthy goals. Each month, you can circle the goals you want to accomplish!

Here are some healthy goals for **February**:

1. Try 3 new vegetables at lunch this month.
2. Eat a piece of fruit each day.
3. Be physically active for at least 60 minutes each day.
4. Have a vegetable at lunch twice each week.
5. Encourage your classmates to try the fruit at lunch.

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.

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Sugary Sweet!

There are many words for sugar, and each of them can be unhealthy if you eat too much! Find the names for sugar in the puzzle below!



E	S	O	T	L	A	M	W
O	S	U	G	A	R	G	A
P	U	R	Y	S	O	D	D
G	L	U	C	O	S	E	
M	A	L	T	O	S	E	
S	E	S	S	A	L	O	M
E	S	O	C	T	L	G	E
F	R	U	C	T	O	S	E
S	U	C	R	O	S	E	T
S	Y	R	U	P			

Did You Know?



The colors **red** and **pink** are more than just Valentine's Day colors, and can actually tell you what's in the healthy foods you eat! Fruits and vegetables that are **red** and **pink** contain **antioxidants** and **nutrients** that keep your body healthy.

Circle the red and pink fruits and vegetables you will eat this month.

