




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

Blessed Teresa of Calcutta Education Center

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
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 Cinnamon Toast 752 Fruit Juice Blend	290 Spaghetti with Meatballs 699 Mixed Fruit Applesauce 909 Italian Breadstick	224 Popcorn Chicken with Potato Smiles 700 Bagged Carrots 906 White Bread	261-263-268 Pizza Choice 602 Tossed Salad 670 Fresh Fruit 927 Animal Crackers
13	14	15	16	17
285 Salisbury Steak w/Gravy 610 Mashed Potatoes 711 Green Beans  310 Corn Bread Loaf	NO SCHOOL	316 French Toast with Sausage 683 Tropical Applesauce 753 Orange Juice	225 Chicken Tenders with Potato Smiles 712 Corn & Carrots 749 Apple Cherry Juice 904 Wheat Bread	POT LUCK
20	21	22	23	24
NO SCHOOL President's Day	214 Chicken Nuggets With Hash Browns 711 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread 927 Animal Crackers	255 Cheese Stuffed Breadsticks 682 Marinara Dipping Sauce 670 Fresh Fruit 749 Apple Cherry Juice Ash Wednesday	285 Salisbury Steak w/Gravy 610 Mashed Potatoes 700 Bagged Carrots 906 White Bread	261-263-268 Pizza Choice 602 Tossed Salad 670 Fresh Fruit 912 Oatmeal Chocolate Chip Bar
27	28	29	March 1	2
294 Meatballs w/Sauce 687 Rosati Italian Ice 903 Torpedo Roll	200 Hamburger OR 201 Cheeseburger 715 Corn 699 Mixed Fruit Applesauce 900 Hamburger Bun 911 Apple Oatmeal Bar Must specify hamburger or you will get a cheeseburger	225 Chicken Tenders w/Potato Smiles 717 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread	POT LUCK	265 Grilled Cheese Pleezer 684 Tomato Soup w/Noodles 670 Fresh Fruit 991 Oatmeal Cookie



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.

Happy Valentine's Day!



GROW WITH GREENS

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.

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.

Word Scram-

Unscramble these letters to spell some heart healthy foods and nutrients:

1. RIBEF
2. ANGRS
3. RUTSF
4. TVGEEASLESB
5. SIFII



Answers 1. Fiber, 2. Grains, 3. Fruits, 4. Vegetables, 5. Fish

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) 377-8542 (relay voice users). USDA is an equal opportunity provider and employer.