

Elementary School Lunch Menu - January 2012

Elementary School Lunch Prices:
\$1.95 or \$0.40

Blessed Teresa of Calcutta Education Center

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

Menu is subject to change.






Nutritional Development
Services
Archdiocese of Philadelphia

222 North 17th Street
Philadelphia PA 19103
215-895-3470
www.ndsarca.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.

9	10	11	12	13
224 Popcorn Chicken with Potato Smiles 715 Corn 906 White Bread	316 French Toast with Sausage 698 Blueberry Applesauce 753 Orange Juice	285 Salisbury Steak with Gravy 610 Mashed Potatoes 700 Bagged Carrots 900 Hamburger Bun 920 Vanilla Smart Cookie	257 Hot Dog with Tri-Taters 717 Mixed Vegetables 752 Fruit Juice Blend 924 French Onion Sun Chips 907 Wheat Hot Dog Bun	261-263-268 Pizza Choice 602 Tossed Salad 670 Fresh Fruit 991 Oatmeal Cookie
16	17	18	19	20
Martin Luther King, Jr. Day No Deliveries	204 Chicken Parmesan 687 Rosati Italian Ice 909 Italian Breadstick 927 Animal Crackers	200 Hamburger OR 201 Cheeseburger 712 Corn & Carrots 721 Baked Cinnamon Apples 900 Hamburger Bun 989 Graham Crackers	218 Chicken Patty with Hash Browns 724 Broccoli  749 Apple Cherry Juice 900 Hamburger Bun 935 All Sports Grahams	265 Grilled Cheese Pleezer 602 Tossed Salad 684 Tomato Soup with Noodles
23	24	25	26	27
225 Chicken Tenders with Potato Smiles 744 Peach Cup 904 Wheat Bread	255 Cheese Stuffed Breadsticks 682 Marinara Dipping Sauce 750 Apple Juice 917 Vanilla Sound Bites	214 Chicken Nuggets With Hash Browns 700 Bagged Carrots 906 White Bread 991 Oatmeal Cookie	290 Spaghetti with Meatballs 711 Green Beans 909 Italian Breadstick	261-263-268 Pizza Choice 602 Tossed Salad 670 Fresh Fruit 989 Graham Crackers
30	31	Feb 1	2	3
274 Rib-B-Q  724 Broccoli  741 Pineapple Cup 310 Corn Bread Loaf	POT LUCK	285 Salisbury Steak with Gravy 610 Mashed Potatoes 698 Blueberry Applesauce 901 Dinner Roll 991 Oatmeal Cookie	224 Popcorn Chicken with Potato Smiles 681 Grape Giggles 904 Wheat Bread	EARLY DISMISSAL



January 2012



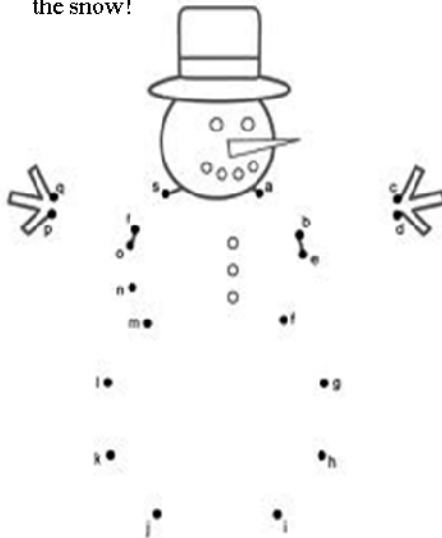
Happy New Year!



GROW WITH GREENS

It may be cold and snowy outside, but it's still important to keep active so your body stays healthy. Here are some fun activities to enjoy with friends and family this winter.

Connect the letters of the alphabet to create a fun activity you can do in the snow!



Build a snowman



Go sledding



Make a snow angel



Offer to help shovel the snow



Help out cleaning around the house



Try something new like ice skating




Limit time watching TV; go outside and enjoy the snow!

List 2 physical activities you will do to stay healthy this year:

- 1.
- 2.

The featured vegetable this month is delicious broccoli! Broccoli can be enjoyed either cooked or raw. It can add color to your plate or a crunch to your salad. As a snack, try dipping it in your favorite vegetable dip.

Broccoli is one of the few vegetables available year round. It contains lots of great nutrients such as vitamin C, Vitamin E, folate, beta carotene, fiber and potassium! Did you know that broccoli contains twice the amount of vitamin C than an orange?! It also contains compounds that can help fight against some certain types of cancer.

Remember look for the new leaf  icon to locate this month's featured fruit or vegetable on the menu.



Supermarket Tips:

Shopping tips for broccoli: Look for odorless broccoli heads with tight bluish, green florets. Choose bunches of broccoli with stalks that are very firm.

Storage tips: Broccoli is best kept in the refrigerator. For the best results, it is suggested that broccoli is used within 3-5 days after purchase.



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Lord, we thank You for the gift of changing seasons and the beauty of nature around us. Give us the eyes to see Your many gifts and a grateful heart to appreciate them.
AMEN.