



March 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.

Remember to eat the fruit and/or vegetable on the menu everyday to enjoy a more balanced meal.

BLESSED TERESA OF CALCUTTA

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|--|--|--|---|--|
| 5 | 6 | 7 | 8 | 9 |
| 409 Beef Hot Dog 695 French Fries <i>699 Mixed Fruit Applesauce</i> <i>907 Wheat Hot Dog Bun</i> | 424 Chicken Nuggets w/Hash Browns 315 Apple Cinnamon Toast 752 Fruit Juice Blend | 421 Salisbury Steak w/Gravy <i>610 Mashed Potatoes</i> <i>711 Green Beans</i> <i>901 Dinner Roll</i> | 292 Penne Pasta with Meat Sauce 118 String Cheese 602 Tossed Salad 750 Apple Juice 909 Italian Breadstick | 261-263-268 Pizza Choice 134 Cherry Vanilla Yogurt <i>670 Fresh Fruit</i> <i>911 Apple Oatmeal Bar</i> |
| 12 | 13 | 14 | 15 | 16 |
| 316 French Toast with Sausage <i>132 Strawberry Yogurt</i> <i>697 Bagged Apples</i> <i>753 Orange Juice</i> | 224 Popcorn Chicken with Potato Smiles 131 Honey Nutz 712 Corn & Carrots 906 White Bread | 414 Hamburger OR 410 Cheeseburger <i>715 Corn</i> <i>687 Rosati Italian Ice</i> <i>900 Hamburger Bun</i> | 215 Tostada Boat 130 Sunflower Kernels <i>602 Tossed Salad</i> <i>752 Fruit Juice Blend</i> | 258 Fish Sticks w/Potato Rounds 114 Golden Deluxe Trail Mix <i>601 Vegetable Cup</i> <i>750 Apple Juice</i> 906 White Bread |
| 19 | 20 | 21 | 22 | 23 |
| 424 Chicken Nuggets w/Hash Browns 692 Orange Pineapple Whole Fruit Cup 904 Wheat Bread | 261-263-268 Pizza Choice <i>137 Peach Yogurt</i> <i>681 Grape Giggles</i> <i>988 Cinnamon Graham Crackers</i> | 409 Beef Hot Dog 695 French Fries <i>700 Bagged Carrots</i> <i>749 Apple Cherry Juice</i> <i>907 Wheat Hot Dog Bun</i> <i>918 Mini Cheese Crackers</i> | 417 Chicken Parmesan 687 Rosati Italian 909 Italian Breadstick 934 Dino Bites | 203 Macaroni & Cheese 118 String Cheese <i>602 Tossed Salad</i> <i>711 Green Beans</i> |
| 26 | 27 | 28 | 29 | 30 |
| 255 Cheese Stuffed Breadsticks <i>114 Golden Deluxe Trail Mix</i> <i>682 Marinara Dipping Sauce</i> <i>750 Apple Juice</i> | 223 Crispy Chicken Tenders 130 Sunflower Kernels 744 Peach Cup 315 Apple Cinnamon Toast 752 Fruit Juice Blend | 316 French Toast with Sausage <i>133 Strawberry Banana Yogurt</i> <i>683 Tropical Applesauce</i> <i>753 Orange Juice</i> | 224 Popcorn Chicken with Potato Smiles 125 Honey Chicken Stick 602 Tossed Salad 676 Orange 904 Wheat Bread | 209 Toasted Cheese Sandwich 131 Honey Nutz <i>684 Tomato Soup w/Noodles</i> <i>749 Apple Cherry Juice</i> |

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, National 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, National 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 215-605-3470 during normal business hours.



Nutritional Developmental Services
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MARCH 2012

March is National Nutrition Month! This month's theme is "Get Your Plate in Shape." Make an extra effort to eat healthy foods and remember to keep active. When creating your plate at mealtime keep in mind these healthy tips which can be found on www.choosemyplate.gov

- Aim to make half your plate fruits and vegetables.
- The other half of your plate can be divided between grains and protein sources.
- Make half your grains whole and choose lean protein items such as fish, beans, or white meat poultry. Dark meat tends to be higher in fat.
- Enjoy a serving of dairy with your meal. Dairy items offer nutrients such as calcium, vitamin D, and potassium. Choose low-fat or fat-free dairy items.



eat right.
National Nutrition Month 2012
Academy of Nutrition and Dietetics
www.eatright.org



What does your plate look like?
Challenge:
Draw and compare your plate to the my plate icon.

GROW WITH GREENS

This month's featured menu item is CARROTS. This vegetable is an excellent source of vitamin A, which promotes healthy eyesight, and is a great source of vitamin C. Carrots are high in antioxidants which help to fight inflammation in the body.



- Did you know.....**
- Carrots were originally found in other colors such as red, white, yellow, purple, and black!
 - Mel Blanc, the voice of Bugs Bunny, was not very fond of carrots.
 - Carrots are native to Afghanistan.



Supermarket Tips:

Shopping tips- choose firm, well colored-carrots. If greens are on top of carrots check to make sure they are not wilted or brown. Avoid carrots that are soft, cracked, or shriveled.



Storage- wash carrots under cool running water and refrigerate in plastic bag. Be careful not to store carrots with apples and pears as the carrots will absorb odors from those fruits! Carrots store well in the refrigerator for up to two weeks.

Lord, in this month of March, we give You thanks for Your many blessings to us. We thank You for family, friends, food, and most especially for the gift of our faith. AMEN.

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