



# Elementary School Lunch Menu - March 2012

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

## BLESSED TERESA OF CALCUTTA

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

Menu is subject to change.



Nutritional Development Services  
Archdiocese of Philadelphia  
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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.

5	6	7	8	9
257 Hot Dog w/Tri-Tater 699 Mixed Fruit Applesauce 907 Wheat Hot Dog Bun 935 All Sports Grahams	223 Crispy Chicken Tenders 717 Mixed Vegetables 315 Apple Cinnamon Toast 752 Fruit Juice Blend	285 Salisbury Steak w/Gravy 610 Mashed Potatoes 711 Green Beans 901 Dinner Roll 988 Cinnamon Graham Crackers	292 Penne Pasta with Meat Sauce 602 Tossed Salad 750 Apple Juice 909 Italian Breadstick	261-263-268 Pizza Choice 670 Fresh Fruit 911 Apple Oatmeal Bar
12	13	14	15	16
316 French Toast with Sausage 697 Bagged Apples 753 Orange Juice	224 Popcorn Chicken with Potato Smiles 712 Corn & Carrots 906 White Bread 920 Vanilla Smart Cookie	200 Hamburger OR 201 Cheeseburger 715 Corn 687 Rosati Italian Ice 900 Hamburger Bun 988 Cinnamon Graham Crackers	215 Tostada Boat 602 Tossed Salad 752 Fruit Juice Blend 927 Animal Crackers	258 Fish Sticks w/Potato Rounds 601 Vegetable Cup 750 Apple Juice 906 White Bread
19	20	21	22	23
225 Chicken Tenders w/ Potato Smiles 692 Orange Pineapple Whole Fruit Cup 904 Wheat Bread	261-263-268 Pizza Choice 681 Grape Giggles 988 Cinnamon Graham Crackers	257 Hot Dog with Tri-Taters 700 Bagged Carrots  749 Apple Cherry Juice 907 Wheat Hot Dog Bun 918 Mini Cheese Crackers	204 Chicken Parmesan 687 Rosati Italian Ice 909 Italian Breadstick 934 Dino Bites	203 Macaroni & Cheese 602 Tossed Salad 711 Green Beans 911 Apple Oatmeal Bar
26	27	28	29	30
255 Cheese Stuffed Breadsticks 682 Marinara Dipping Sauce 750 Apple Juice	223 Crispy Chicken Tenders 744 Peach Cup 315 Apple Cinnamon Toast 752 Fruit Juice Blend	316 French Toast with Sausage 683 Tropical Applesauce 753 Orange Juice	224 Popcorn Chicken with Potato Smiles 602 Tossed Salad 676 Orange 904 Wheat Bread	209 Toasted Cheese Sandwich 684 Tomato Soup w/Noodles 749 Apple Cherry Juice 935 All Sports Grahams

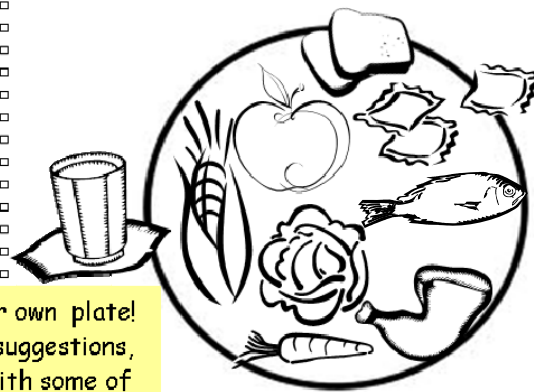


# MARCH 2012

**March** is National Nutrition Month! This month's theme is **"Get Your Plate In Shape."** Focus on balancing your plate with healthier food choices and being mindful of portion sizes. Enjoy these tips to build a healthy plate:

- Fill up half of your plate with fruits and vegetables.
- Fruits and vegetables provide many essential vitamins and minerals.
- The other half of your plate should be divided between lean protein choices and grains.
- Protein choices can include beans, white meat poultry or fish.
- Remember to make half of your grains whole grains.

Color in these foods to build your own plate! Remember these foods are only suggestions, feel free to balance your plate with some of your own favorite healthy foods.



## GROW WITH GREENS

This month's featured menu item is **carrots**. Carrots are a very nutritious vegetable; they are an excellent source of vitamin A and a good source of vitamin C. Carrots are fat free and low in sodium.

- The Vitamin A in carrots offers many benefits to our bodies:
  - Keeps our eyes healthy.
  - Promotes healthy skin, and a strong immune system.
- Carrots contain phytochemicals that may reduce risk of heart disease and certain cancers.



Did you know when you are eating the carrot you are actually eating the root? The green leaves that are attached to the top of the orange carrot grow above the soil.

### Supermarket Tips!

**Shopping Tips**— choose smooth, firm, well-colored carrots. Fresh carrots often have full colored green tops. Avoid soft, wilted, tender, or split carrots.

**Storage**— Refrigerate carrots in plastic bags. Carrots store well in the refrigerator for up to two weeks. Be careful not to store carrots with apples and pears as the carrots will absorb odors from those fruits!

The sweet, crunchy flavor of carrots taste great with vegetable dip, hummus, or low-fat dressing!



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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.

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