



## November 2009- 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.

Circle the fruits and vegetables you eat this month, and try something new each week at lunch!

2	3	4	5	6
224 Popcorn Chicken with Potato Smiles 126 Colby-Jack Cheese 663 Peach Cup 906 White Bread	257 Hot Dog with Tri-Talers 114 Golden Trail Mix 717 Mixed Vegetables 907 Wheat Hot Dog Bun 324 French Onion Sun Chips	256 Cheese-Stuffed Biscuits 730 Sunflower Kernels 662 Marinara Sauce 630 Strawberry Juice Pops	431 SBD Chicken Fillet 712 Corn & Carrots 694 Cinnamon Applesauce 904 Wheat Bread 917 Vanilla Sourd Bites	Half Day
9	10	11	12	13
419 Spaghetti & Meatballs 711 Green Beans 909 Italian Breadstick	423 Chicken Nuggets with Hash Browns 700 Baby Carrots 904 Wheat Bread	301 Turkey Sausage, Egg, & Cheese Hot Pocket (2) 135 Strawberry-Banana Yogurt 607 Apple Slices 752 Fruit Juice	415 Grilled Chicken Fillet 695 French Fries 717 Mixed Vegetables 900 Hamburger Bun or 903 White Bread 991 Oatmeal Cookie	410 Cheeseburger 715 Corn 687 Holiday Italian Ice 500 Hamburger Bun
16	17	18	19	20
421 Salisbury Steak 710 Mashed Potatoes 694 Cinnamon Applesauce 901 Dinner Roll	423 Chicken Nuggets with Hash Browns 712 Corn & Carrots 906 White Bread	Home And School	419 Spaghetti & Meatballs 697 Apple Slices 909 Italian Breadstick	254 Baking Bagel Dog 130 Sunflower Kernels 602 Tossed Salad 670 Fresh Fruit
23	24	25	26	27
257 Hot Dog with Tri-Talers 128 Hummus 949 Fretzel Targets 717 Mixed Vegetables 907 Wheat Hot Dog Bun	224 Popcorn Chicken with Potato Smiles 118 String Cheese 670 Fresh Fruit 906 White Bread	NO SELL-OUT	Thanksgiving Holiday	Thanksgiving Holiday

### PLEASE READ CAREFULLY

Parents are strongly advised to review the menu completely before each school day to find items suitable for their children, and will continue to accept certain restricted items. The Administration of Philadelphia, Division of Control, Nutrition/Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or other adverse reaction 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 your information contact 215-895-3470 using www.nutrition-services.com