

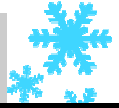


January 2012- Junior High Lunch Menu


Lunch includes a choice of milk & a variety of condiments.

Price: \$2.00 or \$0.40. Menu is subject to change.

One of your goals this new year can be to make healthier food choices. Start by choosing to eat the fruit or vegetable every day at lunch. Broccoli is the featured vegetable this month!



9	10	11	12	13
224 Popcorn Chicken with Potato Smiles 125 Honey Chicken Stick 715 Corn 906 White Bread	316 French Toast with Sausage 132 Strawberry Yogurt 741 Pineapple Cup 753 Orange Juice	POTLUCK LUNCH	257 Hot Dog with Tri-Taters 118 String Cheese 717 Mixed Vegetables 752 Fruit Juice Blend 924 French Onion Sun Chips 907 Wheat Hot Dog Bun	261-263-268 Pizza Choice 129 Honey Roasted Sunflower Kernels 602 Tossed Salad 670 Fresh Fruit 991 Oatmeal Cookie
16	17	18	19	20
Martin Luther King, Jr. Day No Deliveries	417 Chicken Parmesan 711 Green Beans 909 Italian Breadsticks 927 Animal Crackers	414 Hamburger OR 410 Cheeseburger 712 Corn & Carrots 692 Orange Pineapple Whole <i>Fruit Juice Cup</i> 900 Hamburger Bun 989 Graham Crackers	431 BBQ Chicken Fillet 695 French Fries 749 Apple Cherry Juice 900 Hamburger Bun 935 All Sports Grahams	POTLUCK LUNCH
23	24	25	26	27
225 Chicken Tenders with Potato Smiles 131 Honey Nutz 744 Peach Cup 904 Wheat Bread	255 Cheese Stuffed Breadsticks 114 Golden Deluxe Trail Mix 682 Marinara Dipping Sauce 750 Apple Juice	424 Chicken Nuggets with Hash Browns 700 Bagged Carrots 906 White Bread	POTLUCK LUNCH	261-263-268 Pizza Choice 125 Honey Chicken Stick 602 Tossed Salad 670 Fresh Fruit

30	31	Feb 1	2	3
223 Crispy Chicken 123 Pumpkin Seeds 724 Broccoli  741 Pineapple Cup 900 Hamburger Bun	288 Waffles with Sausage 137 Peach Yogurt 697 Bagged Apples 753 Orange Juice	POTLUCK LUNCH	224 Popcorn Chicken with Potato Smiles 125 Honey Chicken Stick 681 Grape Giggles 904 Wheat Bread	414 Hamburger OR 410 Cheeseburger 670 Fresh Fruit 602 Tossed Salad 900 Hamburger Bun

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 215-995-3470 during normal business hours.



Nutritional Development Services
Archdiocese of Philadelphia

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Junior High School January Lunch Menu

Stay Active this New Year!



S G G B X S B Z N S
H W N W X P G A N T
O A I I P F M O M R
V L T Q N W W S J O
E K A S O A B E C F
L I K N N L E H N W
I N S G I F R L K O
N G E Q S J K X C N
G L C N K Y H L P S
G N I D D E L S S M

Begin this New Year with the goal to keep active through the winter months. Physical activity provides great benefits to your body and mind! Complete this word search to find ideas on how to keep active.

Did You Know?

When pulling your sled up the hill, you are building endurance, burning calories, and strengthening your arm and leg muscles.

Ice Skating is a great form of exercise and can burn 250 calories or more in just one hour!

Building a snowman is exercise! Walking through the snow, scooping, and lifting the snow is a great way to keep your body active.



Broccoli is the featured vegetable this month. Broccoli is available year round and is a great source of vitamin C, folate, fiber, and potassium.

Broccoli can be added to your salad or dipped in your favorite vegetable dip. No matter how you eat your broccoli, you are making your body happy by supplying it with plenty of nutrients. 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.

Lord, we thank You for new beginnings and the days ahead. Bless us in 2011 and give us the grace to be people of peace each day. AMEN.

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