



Elementary School Lunch Menu

February is American Heart Month

Nutritional Development Services

Archdiocese of Philadelphia
 222 North 17th Street
 Philadelphia, PA 19103
 215-895-3470
www.nutritionaldevelopmentservices.org

Contact: Anne Ayella

- Menu is subject to change
- Low fat or skim milk and a variety of condiments are offered daily.
- All fruit and/or vegetable juices are 100% juice.
- Look for WG for our whole grain products

\$2.10 for students up to 8th grade.

Free or at a reduced price of \$0.40 if eligible.

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.

3	4	5	6	7
204 Chicken Parmesan or 276 BBQ Chicken Fajita 638 Corn and Peas 749 Apple-Cherry Juice 914 WG Hamburger Bun or 915 Pita Pocket	288 Waffles and Sausage or 409 Three Cheese Panini 705 Dragon Punch Vegetable Juice 699 Mixed Fruit Applesauce	210 Crispy Chicken Fillet 637 Creamed Spinach 131 Honey Nuts 752 100% Fruit Juice Punch 914 WG Hamburger Bun	261 Beef Sausage Pizza 262 Pepperoni Pizza or 264 Cheese Pizza 606 Fresh Tossed Romaine Salad 670 Seasonal Fresh Fruit	205 Popcorn Chicken 603 Maple Vegetarian Baked Beans 611 Bagged Baby Carrots 670 Seasonal Fresh Fruit
10	11	12	13	14
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds 627 Green Beans 750 Apple Juice	200 Hamburger 201 Cheeseburger or 281 Homestyle Salisbury Steak 704 French Fries 670 Seasonal Fresh Fruit 914 WG Hamburger Bun	255 Cheese Stuffed Breadsticks 682 Marinara Dipping Sauce 631 Wango Mango Vegetable Juice 670 Seasonal Fresh Fruit	257 Hot Dog with Baked Beans 606 Fresh Tossed Romaine Salad 752 Fruit Juice Punch 907 WG Hot Dog Bun	234 Chicken Tenders with Potato Wedges or 224 Chicken Nuggets with Sweet Potatoes 611 Bagged Baby Carrots 670 Seasonal Fresh Fruit Valentine's Day
17	18	19	20	21
292 Penne Pasta with Meat Sauce or 273 Rotini Bake 752 Fruit Juice Punch 904 WG Wheat Bread Presidents' Day	275 BBQ Chicken Fillet 914 Hamburger Bun or 205 Popcorn Chicken 623 Broccoli 631 Cherry Star Vegetable Juice 699 Mixed Fruit Applesauce	289 French Toast with Sausage or 230 French Bread Cheese Pizza 632 Wango Mango Vegetable Juice 131 Honey Nuts 670 Seasonal Fresh Fruit	210 Crispy Chicken Fillet 914 Hamburger Bun or 251 Chicken Nuggets 611 Bagged Baby Carrots 127 Hummus 697 Sliced Apples	215 Chicken Noodle Soup or 203 Macaroni and Cheese 606 Fresh Tossed Romaine Salad 626 Peas 749 Apple Cherry Juice 908 WG Dinner Roll
24	25	26	27	28
234 Chicken Tenders with Potato Wedges 643 Glazed Carrots 750 Apple Juice	294 Meatballs with Sauce or 211 Sloppy Joes 628 Mixed Vegetables 670 Seasonal Fresh Fruit 907 WG Hot Dog Bun	257 Hot Dog with Baked Beans 631 Cherry Star Vegetable Juice 670 Seasonal Fresh Fruit 907 WG Hot Dog Bun	261 Beef Sausage Pizza 262 Pepperoni Pizza or 264 Cheese Pizza 606 Fresh Tossed Romaine Salad 688 Applesauce 942 Multi-Grain Sun Chips	269 Mini Corn Dog with Potato Rounds 642 Succotash 670 Seasonal Fresh Fruit

Lord, in this month of February, we thank You for the gift of Your love.
Please help us to love others with a kind and generous spirit. AMEN.

Your heart never stops working!

- In an average lifetime the heart beats 2.5 billion times.
- In under a minute, your heart can pump blood to every cell in your body
- Laughing is a great medicine for the heart, increasing blood flow for 45 minutes.
- A child's heart is the size of 1 fist, and adults is the size of 2 fists.



Did you know?

- Children ages 6-17 should get 60 minutes of exercise each day to keep their heart healthy.
- There are three types of physical activity: aerobic which includes running and walking, muscle strengthening which includes gymnastics and pushups, and bone strengthening which includes jumping and running. All types strengthen your heart!
- Following these physical activity guidelines will lower your blood pressure and reduce your risk for heart disease and stroke.

Heart Healthy Foods

Blueberries—Fresh or frozen, these superfruits are packed with antioxidants and fiber to reduce the risk of heart disease.

Oatmeal—A whole-grain high in cholesterol-lowering fiber.

Salmon—Contains heart healthy omega-3 fatty acids.

Dark Chocolate—contains flavonoids which promote healthy arteries and reduce inflammation.

Almonds—contain healthy fats, magnesium, and potassium— important heart vitamins!

Oranges—contain compounds called flavonoids and limonoids that help raise good heart-healthy cholesterol (HDL).



Oranges

Not only is this fruit good for your heart, but also for the rest of your body!

- There are over 600 types of oranges, and each of them have unique antioxidants!
- Just one orange contains about 2/3 of the daily Vitamin C requirement. Vitamin C helps fortify bones, hair, and teeth!
- The Calcium in Calcium-fortified orange juice is actually absorbed better than the Calcium in a glass of milk.
- Oranges contain flavonoids, which help protect the body against lung and oral cavity cancers.
- Having an extra rich meal? Eat an orange with it! Oranges help the body digest meals that contain more fat than what it is used to, preventing that sluggish post-big meal feeling.

Orange Banana Smoothie

Ingredients

- 1 cup orange juice (juice of 3-4 oranges)
- 1 ripe banana
- Cinnamon
- 1 cup low fat vanilla yogurt
- Ice

Directions

1. Place all ingredients in a Blender, blend until smooth.
2. Add ice as needed until desired consistency is reached.

