

February 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.

Keep an eye out for the heart healthy foods and try to eat more of them throughout your day!

6	7	8	9	10
257 Hot Dog w/Tri-Taters 131 Honey Nuts 717 Mixed Vegetables 753 Orange Juice 907 Wheat Hot Dog Bun	223 Crispy Chicken Filet 118 String Cheese 715 Corn 315 Apple Cinnamon Toast 752 Fruit Juice Blend	419 Spaghetti with Meatballs 711 Green Beans 909 Italian Breadstick	224 Popcorn Chicken with Potato Smiles 130 Sunflower Kernels 700 Bagged Carrots 906 White Bread	261-263-268 Pizza Choice 134 Cherry Vanilla Yogurt 602 Tossed Salad 670 Fresh Fruit
13	14	15	16	17
PIZZA CHOICE Yogurt Fresh Fruit 711 Green Beans	424 Chicken Nuggets with Hash Browns 683 Tropical Applesauce 906 White Bread 937 Valentine Holiday Cookie	316 French Toast with Sausage 132 Strawberry Yogurt 697 Bagged Apples 753 Orange Juice	225 Chicken Tenders with Potato Smiles 118 String Cheese 712 Corn & Carrots 749 Apple Cherry Juice 904 Wheat Bread	414 Hamburger OR 410 Cheeseburger 717 Mixed Vegetables 602 Tossed Salad 900 Hamburger Bun
20	21	22	23	24
MO SCHOOL President's Day	424 Chicken Nuggets with Hash Browns 717 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread	255 Cheese Stuffed Breadsticks 114 Golden Deluxe Trail Mix 698 Marinara Dip 681 Grape Giggles 749 Apple Cherry Juice Ash Wednesday	POPCORN CHICKEN with Potato Smiles 700 Bagged Carrots 310 Corn Bread Loaf Sunflower Kernels	261-263-268 Pizza Choice 118 String Cheese 602 Tossed Salad 670 Fresh Fruit
27	28	29	March 1	2
FRENCH TOAST with Sausage Yogurt Orange Juice Fresh Fruit 687 Rosati Italian Ice	414 Hamburger OR 410 Cheeseburger 715 Corn 699 Mixed Fruit Applesauce 900 Hamburger Bun	424 Chicken Nuggets with Hash Browns 717 Mixed Vegetables 752 Fruit Juice Blend 904 Wheat Bread	POPCORN CHICKEN with Potato Smiles 131 Honey Nutz 602 Tossed Salad 750 Apple Juice White Bread	255 Cheese Stuffed Breadsticks 132 Strawberry Yogurt 682 Marinara Dipping Sauce 670 Fresh Fruit 991 Oatmeal Cookie

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 did not trigger an allergic reaction or related illness. The Arcyocese 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 215-985-3470 during normal business hours.