



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.

7th & 8th grades

Just milk is .45¢

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	POT LUCK DAY	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	SPECIAL LUNCH DAY TONY'S HOAGIE DAY PLEASE USE SPECIAL ORDER FORM WHEN ORDERING ITALIAN OR TURKEY COST \$3.50
16	17	18	19	20
Martin Luther King, Jr. Day No Deliveries	417 Chicken Parmesan 711 Green Beans 903 Torpedo Roll 927 Animal Crackers	410 Cheeseburger 712 Corn & Carrots 692 Orange Pineapple Whole Fruit Juice Cup 905 Potato Bun 989 Graham Crackers	431 Chicken Patty with hash browns 724 Broccoli 749 Apple Cherry Juice 900 Hamburger Bun 935 All Sports Grahams	265 Grilled Cheese Pleezer 129 Honey Roasted Sunflower Kernels 602 Tossed Salad 684 Tomato Soup with Noodles
23	24	25	26	27
225 Chicken Tenders with Potato Smiles 131 Honey Nutz 744 Peach Cup 904 Wheat Bread	254 Barking Bagel Dog 114 Golden Deluxe Trail Mix 601 Vegetable Cup 750 Apple Juice	424 Chicken Nuggets with Hash Browns 700 Bagged Carrots 906 White Bread	419 Spaghetti with Meatballs 711 Green Beans 903 Torpedo Roll	SPECIAL LUNCH DAY JOE'S CHEESESTEAK DAY PLEASE USE SPECIAL ORDER FORM WHEN ORDERING COST \$3.50

30	31	Feb 1	2	3
223 Crispy Chicken Tenders 123 Pumpkin Seeds 609 Mashed Sweet Potatoes 741 Pineapple Cup 310 Corn Bread Loaf	316 French Toast with Sausage 137 Peach Yogurt 697 Bagged Apples 753 Orange Juice	POT LUCK DAY	224 Popcorn Chicken with Potato Smiles 125 Honey Chicken Stick 681 Grape Giggles 904 Wheat Bread	EARLY DISMISSAL DAY 11:30 a.m.

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.