

Welcome Back!
Menus for August & September 2014

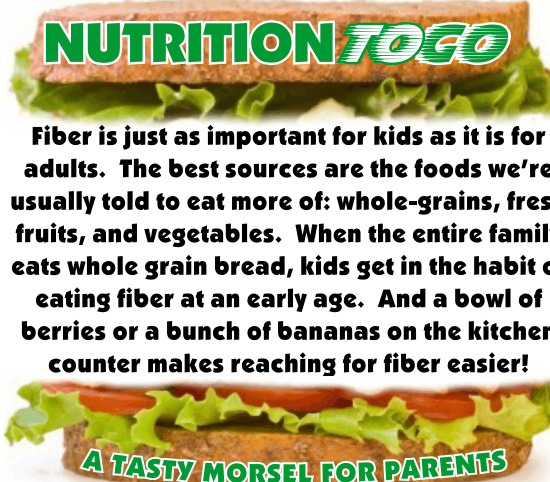


Neshaminy Elementary Schools Breakfast \$1.00 Lunch \$2.35
This institution is an equal opportunity provider and employer.

AVAILABLE DAILY

Alternate Lunch Entrees:

- Cheeseburger on WW Roll
- Hot Dog on WW Roll
- Pizza WG
- Salad with Choice of Toppings
- Sunflower Butter & Jelly on WW Bread
- Cheese Sandwich on WW Bread



Fiber is just as important for kids as it is for adults. The best sources are the foods we're usually told to eat more of: whole-grains, fresh fruits, and vegetables. When the entire family eats whole grain bread, kids get in the habit of eating fiber at an early age. And a bowl of berries or a bunch of bananas on the kitchen counter makes reaching for fiber easier!

PAYPAMS
Prepay your child's meals and see balances and meals eaten on the web using your debit or credit card for \$1.95 per transaction. Learn more at www.paypams.com.

How else can you prepay? You can send payment in with your child or through the mail. Be sure to include child's name, homeroom, grade and keypad #.

Free and Reduced Price School Meal Applications

Apply online at WWW.PASCHOOLMEALS.COM

If you don't have a computer or internet access or need help, call the Food Service Office at 215-809-6540 for assistance.

Wednesday, August 27

Pizza or Alternate Entree

Tasty Corn or Celery Sticks/Dip

Applesauce w/wo Cinnamon or Fresh Fruit Choice

Milk Choice

Thursday, August 28

Popcorn Chicken or Alternate Entrée

Green Beans or Cucumber Coins/Dip

Mandarin Oranges or Fresh Fruit Choice or Fruit Juice Choice

Milk Choice

Friday, August 29

Max Stix or Alternate Entrée

Sweet Potato Gems or Baby Carrots/Dip

Pineapple Tidbits or Fresh Fruit Choice

Milk Choice

Five Stars for Lunch

Students are offered 5 great choices (components) at each lunch:

- ★ Meat/Meat Alternate (M/MA)– chicken, egg, cheese, etc.
- ★ Bread/Grain (B/G)– whole grain products like bread, roll, rice, etc.
- ★ Vegetable – variety from different sub-groups weekly:
- ★ Fruit – fresh, chilled, frozen, 100% juice
- ★ Milk – chocolate & strawberry fat free, white 1%

Students must take 3 out of the 5 components offered for a complete meal and one **MUST** be a fruit or veggie or the student will be charged 50 cents extra.

Monday, September 1

No School

Tuesday, September 2

Chic-n-Fries or Alternate Entrée

Steamy Spinach or Grape Tomatoes/Drsg

Peach Slices or Fresh Fruit Choice or Fruit Juice Choice

Milk Choice

Wed., September 3

Domino's Pizza or Alternate Entree

Green Beans or Cucumber Coins/Dip

Applesauce w/wo Cinnamon or Fresh Fruit Choice

Milk Choice

Thursday, September 4

Pasta Bar * Meatballs Dinner Roll or Alternate Entree

Garden Peas or Side Salad/Drsg

Mandarin Oranges or Fresh Fruit Choice or Fruit Juice Choice

Milk Choice

Friday, September 5

Corn Dogs or Alternate Entrée

Baked Beans or Celery Sticks/Dip

Diced Pears or Fresh Fruit Choice

Milk Choice

HELP!

Join the Food Service Team as a substitute. Pay is \$9.00/hr. Work only when your Neshaminy child is in school! Apply at www.source4teachers.com/SAMS or call 215-809-6540 for more information.

SOURCE 4 TEACHERS
Educational Staffing Solutions

Milk Choice:
Fat Free
Chocolate or Strawberry,
1% White

Menu subject to change .

Monday, September 8

**Mozzarella Sticks
or Alternate Menu**

**Green Beans or
Baby Carrots/Dip**

**Peach Slices
or Fresh Fruit Choice**

Milk Choice

Tuesday, September 9

**Chicken Strips
or Alternate Entrée**

**Broccoli Florets or
Side Salad/Drsg**

**Applesauce/Cin. or
Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice

Wed., September 10

**Domino's Pizza
or Alternate Entre**

**Ranch Garbanzo
Beans or Celery
Sticks /Dip**

**Mixed Fruit or
Fresh Fruit Choice**

Milk Choice

Thursday, September 11

**Nachos
or Alternate Entrée**

**Tasty Corn or
Cucumber Coins/Dip**

**Mandarin Oranges or
Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice

Friday, September 12

**Shrimp Popcorn
Brown Rice
or Alternate Entrée**

**Sweet Potato Gems
or Fresh Broccoli/Dip**

**Diced Pears
or Fresh Fruit Choice
Milk Choice**

CHEW ON THIS.

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don't provide the same benefits.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Monday, September 15

***NEW*
Calzonettes
or Alternate Entrée**

**Baked Fries or
Baby Carrots/Dip**

**Applesauce/Cin.
or Fresh Fruit Choice**

Milk Choice

Tuesday, September 16

**Chicken Patty
Sandwich
or Alternate Entrée**

**Garden Peas or
Side Salad/Drsg**

**Chilled Mixed Fruit
or Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice

Wed., September 17

**Domino's Pizza
or Alternate Entre**

**Ranch Garbanzo
Beans or
Celery Stix/Dip**

**Diced Pears
or Fresh Fruit Choice**

Milk Choice

Thursday, September 18

**Cheesesteak
or Alternate Entrée**

**Sweet Potato Gems
or Fresh Broccoli/Dip**

**Mandarin Oranges or
Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice

Friday, September 19

**Cheese Quesadilla
or Alternate Entrée**

**Steamy Spinach or
Grape Tomatoes/
Drsg**

**Peach Slices
or Fresh Fruit
Choice**

Milk Choice

**Are you one of the
10 million American kids who play soccer?
Around the world, a quarter of a billion
people play soccer, or "football" as it's
known everywhere but here in the U.S.!**

Monday, September 22

**French Toast Sticks
w/wo Sausage
or Alternate Entrée**

**Hash Brown Potato
or Fresh Broccoli/Dip**

**Sliced Apples or
Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice

Tuesday, September 23

**Popcorn Chicken
Dinner Roll
or Alternate Entrée**

**Green Beans or
Side Salad/Drsg**

**Peah Slices or
Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice

Wed., September 24

**Domino's Pizza
or Alternate Entrée**

**Carrot Coins or
Cucumber Coins/Dip**

**Chilled Pears or
Fresh Fruit Choice**

Milk Choice

Thursday, September 25

**Rosh
Hashanah**

**No School
Today**

Friday, September 26

**Rosh
Hashanah**

**No School
Today**

Monday, September 29

**Tacos
or Alternate Entrée**

**Tasty Corn or
Garbanzo Beans**

**Pineapple Tidbits or
Fresh Fruit Choice**

Milk Choice

Tuesday, September 30

**Chicken Sticks
or Alternate Entrée**

**Broccoli Florets or
Grape Tomatoes/
Drsgs**

**Mandarin Oranges or
Fresh Fruit Choice
or Fruit Juice Choice**

Milk Choice