

MENUS FOR FEBRUARY 2015

Neshaminy Elementary Schools
Breakfast \$1.00
Lunch \$2.35

USDA is an equal opportunity provider and employer.

Available Daily

***Breakfast Choice:**
Breakfast Sandwich, Cereal, Bagel, Breakfast Bun, PopTart, All Breakfasts served with Fruit or Fruit Juice and Milk. Must take a fruit for a complete meal.

****Lunch Choice:**
Hot Dog, Cheeseburger, Salad Bar, Pizza or PB&J (sunflower butter used due to allergies.)



Prepay your child's breakfast and/or lunch 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 also prepay meals by sending payment in with your child or through the mail. Be sure to include your child's name, homeroom, grade and keypad #.

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

Monday, February 2

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Max Stix
or Lunch Choice Above
Sweet Potato Gems or Baby Carrots/Dip
Pineapple Tidbits or Fresh Fruit or Juice Choice
Milk Choice

Tuesday, February 3

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Chicken Strips
or Lunch Choice Above
Steamy Spinach
Grape Tomatoes/Dip
Peaches or Fresh Fruit or Juice Choice
Milk Choice

Wednesday, February 4

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Domino's Pizza
or Lunch Choice Above
Green Beans or Celery Sticks /Dip
Mandarin Oranges or Fresh Fruit or Juice Choice
Milk Choice

Thursday, February 5

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Pasta w/wo Meatballs w/wo Dinner Roll
or Lunch Choice Above
Garden Peas or Cucumber Coins/Dip
Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Friday, February 6

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Mini Corn Dogs
or Lunch Choice Above
Baked Beans or Fresh Broccoli/Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

DON'T 4 GET!

Take at least ONE

FRUIT or VEGGIE

and at least THREE items total so your meal counts as a complete lunch!

Monday, February 9

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Mozzarella Sticks
or Lunch Choice Above
Green Beans or Baby Carrots/Dip
Chilled Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Tuesday, February 10

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Popcorn Chicken
w/wo Dinner Roll
or Lunch Choice Above
Broccoli Florets or Grape Tomatoes/Dip
Peach Slices or Fresh Fruit or Juice Choice
Milk Choice

Wednesday, February 11

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Domino's Pizza
or Lunch Choice Above
Carrot Coins or Celery Sticks /Dip
Mandarin Oranges or Fresh Fruit or Juice Choice
Milk Choice

Thursday, February 12

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Nachos
or Lunch Choice Above
Garbanzo Beans or Cucumber Coins/Dip
Pineapple Tidbits or Fresh Fruit or Juice Choice
Milk Choice

Friday, February 13

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Shrimp Popcorn
w/wo Brown Rice
or Lunch Choice Above
Tasty Corn or Fresh Broccoli/Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice
Chance to win a Valentine Plush Toy if you buy lunch today!

MAKE TIME.

Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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

Every complete meal we serve comes with your choice of milk



Too easy?



Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, February 16

NO SCHOOL TODAY

Tuesday, February 17

NO SCHOOL TODAY

Wednesday, February 18

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Domino's Pizza or Lunch Choice Above
Garbanzo Beans or Celery Stix/Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

Thursday, February 19

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Steak Sandwich or Lunch Choice Above
Sweet Potato Gems or Cucumber Coins/Dip
Mandarin Oranges or Fresh Fruit or Juice Choice
Milk Choice

Friday, February 20

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Cheese Quesadilla or Lunch Choice Above
Steamy Spinach or Fresh Broccoli /Dip
Peach Slices or Fresh Fruit or Juice Choice
Milk Choice

Monday, February 23

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Mini Pizza Bagels or Lunch Choice Above
Broccoli Florets or Baby Carrots/Dip
Mixed Fruit or Fresh Fruit or Juice Choice
Milk Choice

Tuesday, February 24

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Chicken Bites w/wo Dinner Roll or Lunch Choice Above
Cauliflower or Grape Tomatoes/Dip
Applesauce or Fresh Fruit or Juice Choice
Milk Choice

Wednesday, February 25

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Domino's Pizza or Lunch Choice Above
Carrot Coins or Celery Sticks /Dip
Diced Pears or Fresh Fruit or Juice Choice
Milk Choice

Thursday, February 26

Breakfast*
Pancake/Sausage Stick or Breakfast Choice Above

Lunch**
Tacos or Lunch Choice Above
Garbanzo Beans Cucumber Coins/Dip
Pineapple Tidbits or Fresh Fruit or Juice Choice
Milk Choice

Friday, February 27

Breakfast*
Mini Pancakes or Breakfast Choice Above

Lunch**
Mini Pancakes w/wo Sausage or Lunch Choice Above
Hash Brown Potato or Fresh Broccoli/Dip
Sliced Apples or Fresh Fruit or Juice Choice
Milk Choice

羊 YEAR OF THE GOAT

The Chinese New Year begins with the new moon on February 19th. 2015 is the year of the Goat, Sheep, or Ram.

2015

NUTRITION TO GO

For many of us, especially kids, time in front of the TV is automatically snacking time. In fact, research shows that kids who cut their screen time (including TV, video games, and playing/surfing on the computer) also cut their body fat. Kids who cut screen time snack less, so they take in fewer calories AND they're more active, so they burn more calories.

A TASTY MORSEL FOR PARENTS

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

Whole Wheat or Whole Grain is used in all grain products except pasta until an acceptable product to students is available.

Menu subject to change.