

Menus for February 2012

Breakfast

\$ 1.00



Lunch

\$ 2.05

Neshaminy Elementary Schools
This institution is an equal opportunity provider.

Available Daily

Alternate Entrée: Hot Dog, Burger, Sandwich, Salad Bar, Pizza, Bagel w/cream cheese and/or jelly,
Breakfast Choice: may include Breakfast Sandwich, Cereal, Cereal Bar, Pop Tart, Bagel, Honey Wheat Breakfast Bun, Yogurt, French Toast Sticks, Fruit or Fruit Juice and Milk.

Follow us on
Twitter or
Facebook at
Neshaminy Cafe




HELP!

Join the Food Service Team as a substitute. Pay is \$9.00/hr. Work only when your Neshaminy children are in school! Applications available at neshaminy.org

CALL
215-809-6540

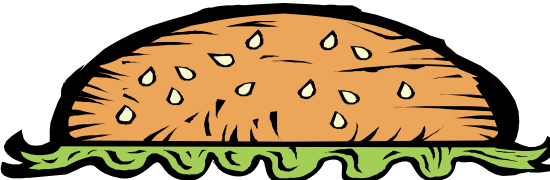
FRUIT



Olives

Olives and the oil that is made from them are the basis of the healthy Mediterranean-style diet. Olives are a great source of iron and fiber, and although they are high in fat, it's the "good" kind of fat that helps lower cholesterol.

OF THE MONTH



NUTRITION TO GO

Chocolate is "chock-full" of antioxidants and other substances that are good for you. But all chocolate isn't created equal. Dark chocolate -- at least 65% cocoa -- delivers these health benefits efficiently. But the chocolate used for most candy is less than 30% cocoa with lots of added sugar, so you need to eat 2 or 3 times as much chocolate (and a lot more calories!) for the same benefits.

A TASTY MORSEL FOR PARENTS

Wednesday, February 1

Entrée

Domino's Pizza
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Thursday, February 2

Entrée

Nachos
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Friday, February 3

Entrée

Toasted Cheese Sandwich
w/wo Tomato Soup
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

COMES WITH COW JUICE!



Every complete meal we serve includes your choice of low fat choc/straw/white or fat free white milk.

Monday, February 6

Entrée

Chef Boyardee Ravioli
w/wo Dinner Roll
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Tuesday, February 7

Entrée

French Toast Sticks
w/wo Syrup or
Sausage Patty
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Wednesday, February 8

Entrée

Domino's Pizza
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Thursday, February 9

Entrée

BBQ Pork Sandwich
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Friday, February 10

Entrée

Chicken Patty Sandwich
w/wo Roll or Cheese or
Chicken Noodle Soup
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side



Valentine's Day isn't just for sweethearts! On February 14, tell everybody who's close to you that you love them!

Monday, February 13

Entree

Max Stix
w/wo Dipping Sauce or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Tuesday, February 14

Entree

Mini CornDogs
w/wo Dipping Sauce or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Valentine Red Jell-O
w/wo Whipped Topping
Milk Choice

Must take an Entrée and at least 2 sides

Wed., February 15

Entree

Domino's Pizza
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Thursday, February 16

Entree

Tacos
w/wo Fixings or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Friday, February 17

Entree

Shrimp Popcorn
w/wo Dipping Sauce or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side



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 #.



FREE AND REDUCED PRICE SCHOOL MEAL APPLICATIONS

An application will be sent home with your child(ren) the first week of school. You can also access the form on Neshaminy's website at: www.neshaminy.org or online at: www.compass.state.pa.

Monday, February 20

Presidents' Day



No School Today

Tuesday, February 21

Entree

Chicken Strips
w/wo Dipping Sauce or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Wed., February 22

Entree

Domino's Pizza
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Thursday, February 23

Entree

Chicken Quesadilla
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Friday, February 24

Entree

Pizza Bagel
or Alternate Entrée

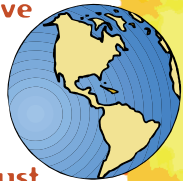
Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

365.2422

That's how many days it takes the earth to orbit the sun... and that's why we have leap year. We add a day to the month of February every four years to make up for the .2422 days that just won't fit in our regular year!



LEAP YEAR 2012

Monday, February 27

Entree

Popcorn Chicken
w/wo Dipping Sauce or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Tuesday, February 28

Entree

Bacon Cheeseburger
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side

Wed., February 29

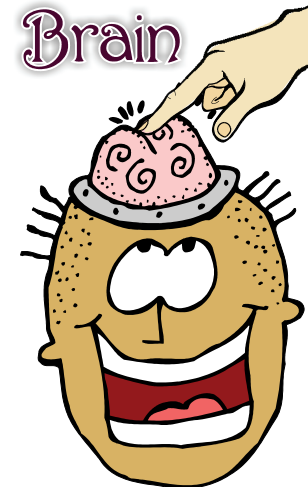
Entree

Domino's Pizza
or Alternate Entrée

Sides

Vegetable Choice
Fruit Choice
Milk Choice

Must take an Entrée and at least 1 side



Brain Ticklers

What did the beach say when the tide finally came in?

(Hold the page upside down and read it in a mirror for the answer!)

FOUNDED 1985