

Menus for February 2014



Neshaminy High School
Breakfast \$1.25
Lunch \$2.75



This institution is an equal opportunity provider and employer.



Available Daily

Alternate Lunch Entrees:
May include: Cheeseburger, Hoagie Choice, Domino's Pizza, or Salad Bar. Crackers, bread or other grain/protein may be added to entrees to meet grain and protein requirements.**

Breakfast Choice:
May include Bagel, Breakfast Sandwich, Cereal, French Toast Sticks, Mini Pancakes, Mini Waffles, Pop Tarts, or Yogurt with Fruit or Fruit Juice and Milk.

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 3

Breakfast
See Available Daily Above

Lunch
"Manwich" Sloppy Joe Sandwich
Baked Beans or Fresh Baby Carrots
Mandarin Oranges or Fresh Fruit Choice
Milk Choice

Tuesday, February 4

Breakfast
See Available Daily Above

Lunch
Oven Baked Chicken Dinner Roll
Broccoli Florets or Side Salad
Chilled Peaches or Juice Choice or Fresh Fruit Choice
Milk Choice

Wednesday, February 5

Breakfast
See Available Daily Above

Lunch
Big Daddy's Pizza
Green Beans or Celery Sticks
Chilled Mixed Fruit or Fresh Fruit Choice
Milk Choice

Thursday, February 6

Breakfast
See "Available Daily"

Lunch
Hot Turkey Sandwich
Garden Peas or Cucumber Coins
Chilled Pears or Juice Choice or Fresh Fruit Choice
Milk Choice

Friday, February 7

Breakfast
See Available Daily Above

Lunch
Cheese Ravioli Dinner Roll
Carrot Coins or Fresh Broccoli
Pineapple Tidbits or Fresh Fruit Choice
Milk Choice

PAYPAMS
Parent Account Management System

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 #.

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

****All pizzas, pastas, breads, rolls and other grains served are whole wheat or whole grain.**

Menu subject to change.

Juice is 100% Fruit

Monday, February 10

Breakfast
See Available Daily Above

Lunch
Meatball Sandwich
Roasted Garbanzo Beans or Fresh Baby Carrots
Chilled Applesauce or Fresh Fruit Choice
Milk Choice

Tuesday, February 11

Breakfast
See Available Daily Above

Lunch
Chicken Teriyaki
Brown Rice
Bok Choy or Celery Sticks
Pineapple Tidbits or Juice or Fresh Fruit Choice
Milk Choice

Wednesday, February 12

Breakfast
See Available Daily Above

Lunch
Stuffed Crust Pizza
Savory Corn r Side Salad
Mixed Fruit or Raisins or Fresh Fruit Choice
Milk Choice

Thursday, February 13

Breakfast
See Available Daily Above

Lunch
Neshaminy Burger
Sweet Potato Puffs or Edamame
Mandarin Oranges or Juice or Fresh Fruit Choice
Milk Choice

Friday, February 14

Breakfast
See Available Daily Above

Lunch
Toasted Cheese Sandwich WG
Tomato Soup or Fresh Broccoli
Valentine Strawberry Cup
Chilled Peaches or Fresh Fruit Choice
Milk Choice

Swans are one of the few animals that will mate for life!

Happy Valentine's Day!



Spice of Life

Do you like spicy food? If not, maybe you should learn! Hot peppers contain a substance called “capsaicin” that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories after you’re done eating!



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

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there’s no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.

- 1 Wash your hands frequently.
- 2 Cover up when you sneeze or cough.
- 3 If you do get sick, stay home.

Monday, February 17



NO SCHOOL TODAY

Tuesday, February 18

Breakfast
See Available Daily Above

Lunch
Popcorn Chicken
Cauliflower or Side Salad
Applesauce or Juice Choice or Fresh Fruit Choice
Milk Choice

Wednesday, February 19

Breakfast
See Available Daily Above

Lunch
French Bread Pizza
Carrot Coins or Celery Sticks
Chilled Pears or Fresh Fruit Choice
Milk Choice

Thursday, February 20

Breakfast
See Available Daily Above

Lunch
Tacos
Roasted Garbanzo Beans or Cucumber Coins
Mandarin Oranges or Juice Choice or Fresh Fruit Choice
Milk Choice

Friday, February 21

Breakfast
See Available Daily Above

Lunch
French Toast Stix
Sausage Patty
Hash Brown Potato or Fresh Broccoli
Warm Apple Slices or Fresh Fruit Choice
Milk Choice

Monday, February 24

Breakfast
See Available Daily Above

Lunch
Max Stix
Sweet Potato Gems or Baby Carrots
Pineapple Tidbits or Fresh Fruit Choice
Milk Choice

Tuesday, February 25

Breakfast
See Available Daily Above

Lunch
Chicken Sticks
Spinach or Grape Tomatoes
Chilled Peaches or Juice Choice or Fresh Fruit Choice
Milk Choice

Wednesday, February 26

Breakfast
See Available Daily Above

Lunch
Big Daddy’s Pizza
Green Beans or Side Salad
Mandarin Oranges or Raisins or Fresh Fruit Choice
Milk Choice

Thursday, February 27

Breakfast
See Available Daily Above

Lunch
Pasta Bar
Meatballs
Dinner Roll
Garden Peas or Cucumbers Coins
Mixed Fruit or Juice Choice or Fresh Fruit Choice
Milk Choice

Friday, February 28

Breakfast
See Available Daily Above

Lunch
Mini Corn Dogs
Baked Beans or Fresh Broccoli
Chilled Pears or Fresh Fruit Choice
Milk Choice



Winter is the season when the fresh orange crop is at its juicy peak -- and that’s also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

SMOOch!



Every complete meal we serve comes with your choice of milk!