


# St. Philip Neri School

## Lunch Menu

### November 2018

Mon	Tue	Wed	Thu	Fri
			1 Pork Tenderloin/Bun Salad Apple Milk	2 No School
5 Swedish Meatballs over Rice Broccoli Mandarin Oranges Cookie Milk	6 Chicken Tacos Refried Beans Apple Graham Crackers Milk	7 Ham and Cheesy Potato Watermelon Dinner Roll Milk	8 Meatball Sandwich Tossed Salad Peaches Milk	9 Cheese Burger WGR Bu Fresh carrot Dippers Pears Milk
12 Chicken Taco Salad Tea Roll Mandarin Oranges Milk	13 Crispy Chicken Patty Sweet Potato Fries Grapes Milk	14 Pretzel/Ch Sauce Egg Cucumber Coins Apple Milk	15 Pizza Baked Beans Cantaloupe Milk	16 Chicken Nuggets Fries Strawberries Cookie Milk
19 Grilled Cheese Yogurt Carrot Dippers Apple Milk	20 Salisbury Steak Mashed Potato/Gravy Peaches Tea Roll Milk	21 	22 Happy Thanksgiving	23
26 Mini Bagel Bites Carrot Dippers Oranges Milk	27 Spaghetti/Mtballs Tossed Salad Apple Tea Roll Milk	28 French Toast Yogurt Tater Tots Banana Milk	29 Loose Meat Sandwich Baked Beans Mixed Fruit Milk	30 Stuffed Crust Pizza Mixed Fruit Green Beans Milk

This institution is an equal opportunity provider.

Cold 1% & fat free milk is offered as part of every meal. Students do not have to take a milk if they do not want it. Cups of cold water are available free of charge in the cafeteria during lunch. Additional Fruit and Vegetable servings are offered at every lunch.

## Great Nutrition + Bright Minds = Good Grades!

The human brain is only 2% of the total body weight, yet it needs roughly 20% of the total calorie intake in order to function correctly. It needs a constant supply of great nutrition to work at its best. Certain brain foods boost a child's brain's overall growth, function, memory, and concentration also improves.

- ◆ **Peanut butter** is an excellent source of vitamin E, an antioxidant that protects the brain.
- ◆ **Colorful vegetables** are tremendously beneficial as they provide many vitamins and minerals to the diet. By eating brightly colored veggies, the immune system will be in tip-top shape. Be sure to choose a veggie daily to keep those brain cells strong.
- ◆ **Low-fat milk and yogurt** is essential for the growth of the brain. These dairy items are packed with protein, B vitamins, and carbohydrates which is the main energy source for the brain.
- ◆ **Lean beef** is also important as it provides iron for the body. Iron is needed to help keep children growing which helps them concentrate better at home and in school.

A tired brain that does not get the right nutrition will not do well in school. It is imperative children get the best nutrients into their bodies to help them grow, be better students, and maintain a healthy diet.

