



St. Philip Neri School

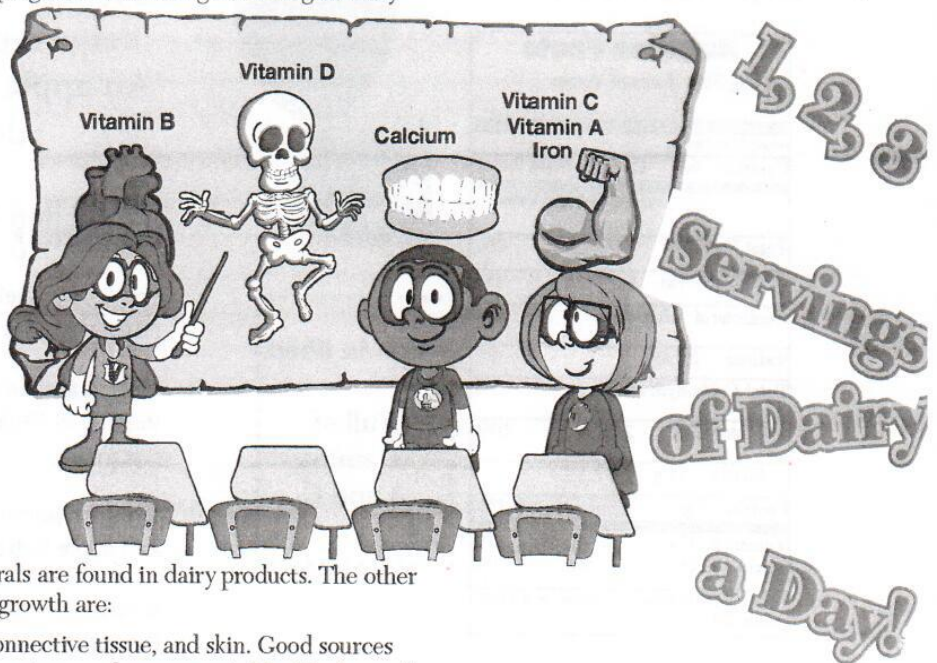
Lunch Menu January 2019



Mon	Tue	Wed	Thu	Fri
	1	2	3	4
This Institution is an equal opportunity provider.				
<small>Ice 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 Vegetables are offered at every lunch.</small>				
7	8 Chicken Patty/WGR Bun Salad Mixed Fruit Milk	9 Taco's Refried Beans Corn Mandarin Oranges Milk	10 Pizza Baked Beans Apple Milk Taste it!! Try it!!	11 Ham and Cheesy Potato Pears Dinner Roll Milk
14 Chicken Nuggets Fries Peaches Cookie Milk	15 Stuffed Crust Pizza Mixed Fruit Green Beans Milk	16 Pretzel/Ch Sauce Egg Carrot Dippers Grapes Milk	17 Loaded Baked Potato Broccoli Apple Cookie Milk	18 Popcorn Chicken Banana Baked Beans Cookie Milk
21 	22 Chicken Fries Baked Beans Mandarin Oranges Wafers Milk	23 Macho Nachos Cucumber Coins Pears Cookie Milk	24 Grilled Cheese Tomato Soup Peaches Milk	25 Godfather's Tossed Salad Banana Milk
28 Egg Omelet French Toast Sweet Potato Fries Pears Milk	29 Taco Salad Ch Bread Refried Beans Orange Smiles Milk	30 Mini WGR Corn Dogs Tater Tots Banana Milk	31 Cheese Ravioli Broccoli Florets Peaches Roll Milk	

Of all the vitamins and minerals young developing bodies need to grow strong and stay healthy, five stand out for growing children:

- ◆ **Vitamin A** promotes normal growth, tissue, and bone repair. Good sources include **milk, cheese, eggs,** and yellow-to-orange vegetables such as carrots, yams, and squash.
- ◆ **Vitamin B's.** The family of B vitamins – B2, B3, B6, and B12 – aid in metabolism and energy production. Good sources include meat, chicken, fish, nuts, eggs, **milk, cheese,** beans, and soybeans.
- ◆ **Calcium** helps build strong bones as a child grows. Good sources include **milk, cheese, yogurt,** tofu, and calcium-fortified orange juice.



Over HALF of the five key vitamins and minerals are found in dairy products. The other two vitamins and minerals needed for healthy growth are:

- ◆ **Vitamin C** promotes healthy muscles, connective tissue, and skin. Good sources include citrus fruit, strawberries, kiwi, tomatoes, and green vegetables like broccoli.
- ◆ **Iron** builds muscle and is essential to healthy red blood cells. Good sources include beef and other red meats, turkey, pork, spinach, beans, and prunes.