

SAINT JOHN the EVANGELIST CATHOLIC SCHOOL

LUNCH MENU JANUARY 2012



LUNCH PRICE
PAID \$3.40

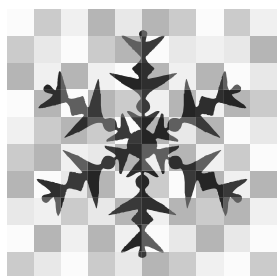
Please Choose 3 of the 5 items for the school lunch price!
Includes: Entrée, Choice of Two Fruits and/or Vegetables, Bread & Choice of Milk:
1%, 2%, Lowfat Chocolate or Strawberry, and Nonfat

MENU SUBJECT TO CHANGE!

THE MAIN ITEM IS LISTED FIRST, THE HOT ALTERNATE IS LISTED SECOND



Steve Kline
GENERAL MANAGER
PENNSBURY DINING SERVICES
215-949-6820



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">2</p> <p style="text-align: center;">CHRISTMAS BREAK</p> <p style="text-align: center;">SCHOOL CLOSED</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Cheesy Pizza -OR- (alt.) Cheeseburger on a Whole Wheat Bun</p> <p style="text-align: center;">Salad with Dressing Apple Slices</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">Toasted Cheese Sandwich -OR- (alt.) Chicken Nuggets with a Whole Grain Roll</p> <p style="text-align: center;">Tomato Soup Strawberry Slices</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Pasta with Meatsauce and Bread -OR- (alt.) Chicken Patty on Whole Wheat Bun</p> <p style="text-align: center;">Mixed Veggies Pear Slices</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">BBQ Ribbie Sandwich on a Whole Wheat Roll -OR- (alt.) Pizza Bagel</p> <p style="text-align: center;">Green Pepper Strips Mixed Fruit</p>
<p style="text-align: center;">9</p> <p style="text-align: center;">Popcorn Chicken with Whole Grain Roll -OR- (alt.) Cheeseburger on A Whole Wheat Bun</p> <p style="text-align: center;">Baked Tater Tots Cinnamon Apple Slices</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Cheesy Pizza -OR- (alt.) Hot Dog on a Whole Wheat Bun</p> <p style="text-align: center;">Salad with Dressing Red Grapes</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">EARLY DISMISSAL</p> <p style="text-align: center;">NO LUNCH SERVED</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">French Toast Sticks with Canadian Bacon -OR- (alt.) Chicken Patty on Whole Wheat Bun</p> <p style="text-align: center;">Green Beans Orange Wedges</p>	<p style="text-align: center;">13</p> <p style="text-align: center;">BBQ Ribbie Sandwich on a Whole Wheat Roll -OR- (alt.) Pizza Bagel</p> <p style="text-align: center;">Green Pepper Strips Strawberry Slices</p>
<p style="text-align: center;">16</p> <p style="text-align: center;">MARTIN LUTHER KING JR HOLIDAY</p> <p style="text-align: center;">SCHOOL CLOSED</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Cheesy Pizza -OR- (alt.) Cheeseburger on a Whole Wheat Bun</p> <p style="text-align: center;">Salad with Dressing Apple Slices</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">BBQ Pork Sandwich on a Whole Wheat Bun -OR- (alt.) Chicken Nuggets with a Whole Grain Roll</p> <p style="text-align: center;">Oven Fries Pear Slices</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Cheesesteak Hoagie -OR- (alt.) Chicken Patty on Whole Wheat Bun</p> <p style="text-align: center;">Baked Tater Tots Mixed Fruit</p>	<p style="text-align: center;">20</p> <p style="text-align: center;">Toasted Cheese Sandwich -OR- (alt.) Pizza Bagel</p> <p style="text-align: center;">Tomato Soup Strawberry Crisp</p>
<p style="text-align: center;">23</p> <p style="text-align: center;">CHINESE NEW YEAR Sweet and Sour Chicken with Fried Rice -OR- (alt.) Cheeseburger on a Bun</p> <p style="text-align: center;">Chinese Style Vegetables Strawberry Slices</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Cheesy Pizza -OR- (alt.) Nachos Grande</p> <p style="text-align: center;">Salad with Dressing Red Grapes</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">Popcorn Chicken with a Whole Grain Dinner Roll -OR- Pancakes with Canadian Bacon</p> <p style="text-align: center;">Celery Sticks Peach Slices</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">Pasta with Meatsauce and Bread -OR- (alt.) Chicken Patty on a Whole Wheat Bun</p> <p style="text-align: center;">Spinach Salad Cinnamon Apple Slices</p>	<p style="text-align: center;">27</p> <p style="text-align: center;">Soft Chicken Taco -OR- (alt.) Pizza Bagel</p> <p style="text-align: center;">Green Pepper Strips Pear Slices</p>
<p style="text-align: center;">30</p> <p style="text-align: center;">Hot Dog on Whole Wheat Bun -OR- (alt.) Cheeseburger on a Whole Wheat Bun</p> <p style="text-align: center;">Baked Tater Tots Strawberry Slices</p>	<p style="text-align: center;">31</p> <p style="text-align: center;">Cheesy Pizza -OR- (alt.) Nachos Grande</p> <p style="text-align: center;">Salad with Dressing Bagged Apple Slices</p>	<p style="text-align: center;">ALTERNATES</p> <p style="text-align: center;">PB & J Sandwich -or- Chicken Caesar Salad with a Whole Grain Roll -or- Italian Hoagie</p>		

Additional Fruit Choices May Include:
Apples, Oranges, Bananas, Fruited Jello, Dried Fruit, Fruit Juices, Fruit Cobblers, Watermelon, Applesauce, Canned Fruits

Additional Vegetable Choices May Include:
Tossed Salad, Vegetable Salad, Carrot Sticks, Celery Sticks, Cucumber Slices, Tomato Wedges, Cherry Tomatoes



Nutritious Definition of the Month:
"Food Allergy":
Adverse reaction to a food protein that involves your immune system

Pennsbury Dining Services may be hiring part-time & substitute Workers
Please call our office at 215-949-6820
B/W 9am and 5pm EOE