

FRIENDS-SELECT SCHOOL LUNCH MENU SEPTEMBER 2009

OFFERED DAILY

Lower School Desserts

Offers:
**GOLDFISH
 PUDDING
 COOKIES
 CRACKERS
 PRETZELS
 FRUIT
 RAISINS
 MUFFINS
 JELLO
 YOGURT
 PASTRIES
 AND MORE!**

Vegetable Choices May

Include :

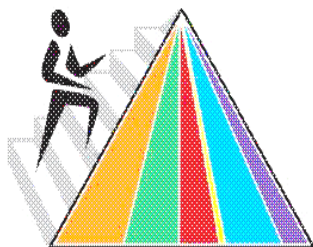
Hot Vegetables, Tossed Salad,
 Potato Salad, Cole Slaw,
 Carrot Sticks, Celery Sticks,
 Oven Fries & Tater Tots

SUSHI ON
TUESDAYS & THURSDAYS

**MENU SUBJECT TO
 CHANGE!**

**Tom Smith
 GENERAL MANAGER,
 DINING SERVICES
 215-561-5900 EXT. 146**

MyPyramid.gov
Steps to a healthier you!



<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
7	1	2	3	4
LABOR DAY!	8	9	10	11
14	15	16	17	18
Signature Entrees Toasted Cheese Sandwich Vegetarian Entrée Vegan Burger Falcon Grille Pizza Burger Featured Vegetable & Side Mixed Vegetables Tomato Basil Soup	Signature Entrees Chicken Alfredo Vegetarian Entrée Stir Fry Veggie Wrap Falcon Grille BBQ Pork on a Bun Featured Vegetable & Side Spanish Corn String Beans	Signature Entrees Hamburger Vegetarian Entrée Veggie Pita Falcon Grille Chicken Parmesan Featured Vegetable & Side Carrots French Fries	Signature Entrees Fish Sandwich Vegetarian Entrée 3 Bean Salad Falcon Grille Cheese Steak Hoagie Featured Vegetable & Side Green Beans Mashed Potatoes	Signature Entrees Pizza Vegetarian Entrée Tofu Cheese Steak Falcon Grille Buffalo Chicken Cheese Steak Featured Vegetable & Side Asparagus
21	22	23	24	25
Signature Entrees Sloppy Joe Vegetarian Entrée Eggplant Parmesan Falcon Grille Pizza Burger Featured Vegetable & Side Carrots Rice	Signature Entrees Macaroni & Cheese Vegetarian Entrée Veggie Pita Falcon Grille Texas Fried Hot Dog Featured Vegetable & Side Peas	Signature Entrees Turkey Burger Vegetarian Entrée Stir Fried Vegetables Falcon Grille Chicken Wrap Featured Vegetable & Side French Fries Mixed Vegetables	Signature Entrees Grilled Chicken Vegetarian Entrée Bean Burrito Falcon Grille Buffalo Cheese Steak Featured Vegetable & Side Mixed Vegetables Mashed Potatoes	Signature Entrees Cheese Hoagie Vegetarian Entrée Rice & Beans Falcon Grille Meatball Sandwich Featured Vegetable & Side Mixed Vegetables
28	29	30		
Signature Entrees Chicken Patty Vegetarian Entrée Rice & Beans Falcon Grille Double Cheese Burger Featured Vegetable & Side Broccoli Mashed Potatoes	Signature Entrees Baked Ziti Vegetarian Entrée Rice & Beans Falcon Grille Double Cheese Burger Featured Vegetable & Side Cauliflower	Signature Entrees Taco Vegetarian Entrée Burrito Falcon Grille Chicken Nacho Featured Vegetable & Side Corn Rice		

UP FOR GRABS
 A Selection of Salads and Deli
 Sandwiches, Fruit, Parfaits &
 Yogurts

SALAD BAR
 Mixed Greens with Variety of
 Toppings and Dressings

FALCON GRILL
may include:
 Hot Dog, Burgers, , Chicken
 Breast Sandwich, Cheese Steaks,
 Chicken Cheese Steaks, Vegan
 Burgers, Turkey Burgers,
 French Fries.

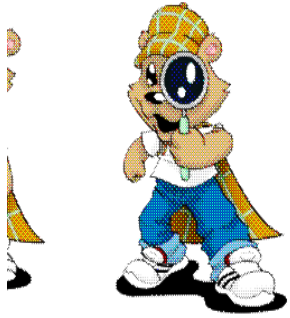
Vegan Burgers & Salad Bar
 offered Daily for all Vegans!
 Occasional Vegan lunches are
 also available.

PIZZA EXPRESS

May include:
 White, Sausage,
 Pepperoni, Buffalo
 Chicken, BBQ
 Chicken, Little
 Charlie's, French
 Bread, Vegetable.



This Month, Commissioner Nutrition Investigates APPLES



FUN FACTS:

- The Red Delicious apple is Americans favorite snacking apple.
- There are about 7,000 varieties of apples in the world.
- The Pilgrims planted the first apple trees in the Massachusetts Bay Colony.
- Washington State grows the most apples in the United States.

NUTRITIONAL INFORMATION

- Eat apples with their skin on. Almost half of the Vitamin C in apples is just below the skin.
- Apples help to strengthen your bones.
- An apple a day strengthens lung function.

FUN WAYS TO EAT

- Add apples to your favorite salad.
- Baked apples are delicious. With an adults help, place a cored apple in a baking dish and put a pat of butter into the center. Drizzle on a little maple syrup and bake in the oven at 375 for about 30 minutes.
- Add freshly grated apples to your pancake mix for a delicious apple pancake.