

# FRIENDS-SELECT SCHOOL LUNCH MENU January 2010

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

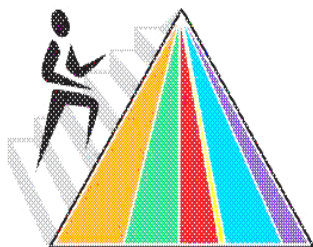
**SUSHI ON**

**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>
				1  <b>No School</b>
4  <b>No School</b>	5 Signature Entrees Macaroni & Cheese Vegetarian Entrée Vegan Wrap Falcon Grille Buffalo Cheese Steak Featured Vegetable & Side Snap Peas	6 Signature Entrees Meatloaf Vegetarian Entrée Rice & Beans Falcon Grille Chicken Nacho Featured Vegetable & Side Carrots Mashed Potatoes	7 Signature Entrees Fish Sandwich Vegetarian Entrée Veggie Pita Falcon Grille Spicy Chicken Wrap Featured Vegetable & Side Broccoli Rice	8 Signature Entrees Pizza Vegetarian Entrée Veggie Wrap Falcon Grille Chicken Quesadilla Featured Vegetable & Side Green Bean
11 Signature Entrees Hot Dogs Vegetarian Entrée Vegan Burger Falcon Grille Buffalo Cheese Steak Featured Vegetable & Side Carrots Baked Beans	12 Signature Entrees Pasta Primavera Vegetarian Entrée Stir Fry Veggie Wrap Falcon Grille BBQ Pork on a Bun Featured Vegetable & Side Cauliflower	13 Signature Entrees Salisbury Steak Vegetarian Entrée Vegan Burger Falcon Grille Chicken Parmesan Featured Vegetable & Side Carrots Mashed Potatoes	14 Signature Entrees Fish Nuggets Vegetarian Entrée 3 Bean Salad Falcon Grille Cheese Steak Hoagie Featured Vegetable & Side Snap Peas Rice	15 Signature Entrees BBQ Chicken Vegetarian Entrée Caesar Wrap Falcon Grille Buffalo Wings Featured Vegetable & Side Brussels Sprouts Mashed Potatoes
18  <b>No School</b>	20 Signature Entrees Sweet & Sour Chicken Vegetarian Entrée Cheese Nachos Falcon Grille Chicken Nachos Featured Vegetable & Side Corn Rice	21 Signature Entrees Spaghetti & Meatballs Vegetarian Entrée Vegan Burger Falcon Grille Buffalo Wings Featured Vegetable & Side Broccoli	22 Signature Entrees Chicken Lo Mien Vegetarian Entrée Vegetable Lo Mien Falcon Grille BBQ Pulled Pork Featured Vegetable & Side Cauliflower	23 Signature Entrees Pizza Vegetarian Entrée Rice & Beans Falcon Grille Chicken Parmesan Featured Vegetable & Side Asparagus Mashed Potatoes
25 Signature Entrees Turkey & Cheese Hoagie Vegetarian Entrée Tofu Cheese Steak Falcon Grille Cheese Steak Wrap Featured Vegetable & Side Mixed Vegetables	26 Signature Entrees Hamburger Vegetarian Entrée Bean Burger Falcon Grille Texas Fried Hot Dog Featured Vegetable & Side Broccoli French Fries	27 Signature Entrees Lasagna Vegetarian Entrée Eggplant Parmesan Falcon Grille Buffalo Chicken Sandwich Featured Vegetable & Side Carrots	28 Signature Entrees Chicken Patty Vegetarian Entrée Vegan Burger Falcon Grille Chicken Parmesan Featured Vegetable & Side Brussels Sprouts Mashed Potatoes	29 Signature Entrees Pizza Vegetarian Entrée Bean Burger Falcon Grille Chicken Burrito Featured Vegetable & Side Green Beans

**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.

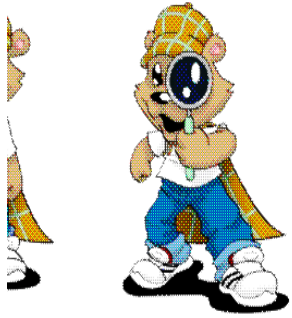
Vegan Burgers & Salad Bar  
offered Daily for all Vegans!  
Occasional Vegan lunches are  
also available.

**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.