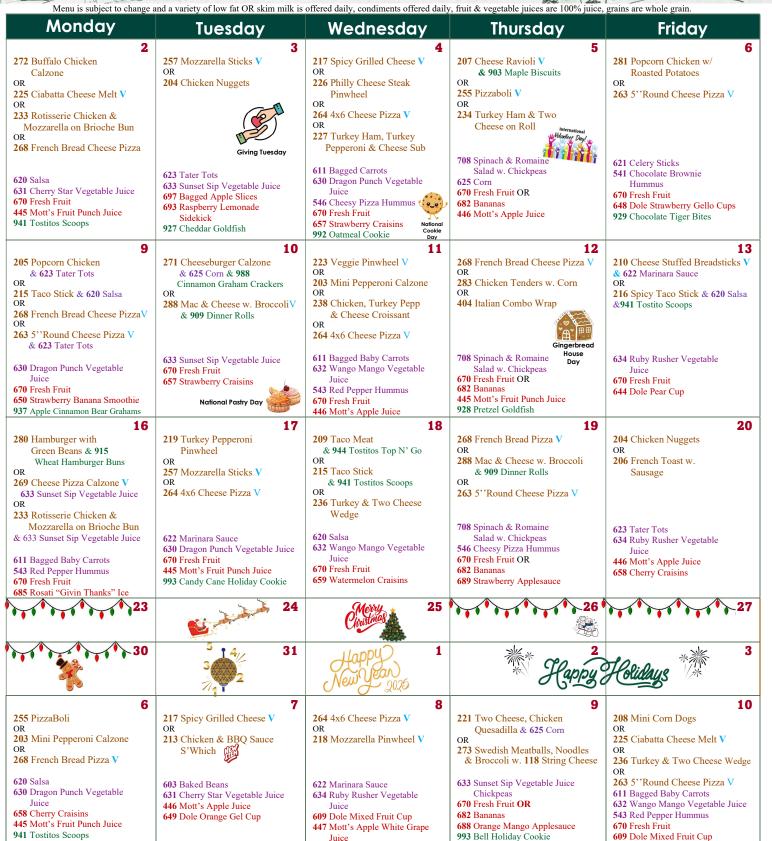
HIGH SCHOOL HOT LUNCH MENU

December 2024

"Cheer on your team and eat GREEN!"- Bella P, 7th grade @ Holy Trinity



V= Vegetarian Options

927 Cheddar Goldfish







Dear Parents, Caregivers, & Students,

As the holiday season approaches, NDS would like to take a moment to express our heartfelt gratitude for your support and partnership throughout the year. This time of year is all about connection, gratitude, and sharing, and NDS is thankful for the opportunity to provide students with nutritious meals.

We encourage you to celebrate the season by involving your children in meal planning and preparation, fostering a love for healthy foods.

NDS wishes you and your family a joyful holiday filled with warmth, laughter, and delicious meals. Thank you for another wonderful year!

National Pears Month!



December is Pear Month! It's a great time to enjoy this delicious fruit in

various
ways—whether fresh, in desserts,
or cooked in savory dishes. Pears
are versatile and add a lovely
sweetness to winter recipes.
Pears come in various varieties,
each with its own unique flavor
and texture. Some popular types
include Bartlett, Bosc, and Anjou

, Candy Canes

In the late 17th century, a choirmaster in Germany wanted to create a treat for children during the Christmas season. To represent the shepherds who visited the baby Jesus, he designed a hard candy in the shape of a shepherd's crook, which is why it resembles a cane. Over time, the candy cane became a popular holiday treat, spreading across Europe and eventually to America, where it remains a beloved Christmas symbol. Today, candy canes are often used for decorations and are enjoyed by families during the holiday season.

Prayer Corner

As we gather together in this season of joy and hope, we Thank You. Bless our school community—students, teachers, staff, and families. Help us to share kindness and compassion with one another, especially during this holy season. We pray for peace in our hearts and in our world. May the spirit of Christmas inspire us to serve others and spread joy. Thank You for Your many blessings. We ask for Your continued guidance and protection in the coming year.



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NDS School Lunch Program



