














MIDDLE SCHOOL HOT LUNCH MENU

December 2024

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

Menu is subject to change and a variety of low fat OR skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>272 Buffalo Chicken Calzone OR 225 Ciabatta Cheese Melt V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun OR 268 French Bread Cheese Pizza</p> <p>620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops</p>	<p>3</p> <p>257 Mozzarella Sticks V OR 204 Chicken Nuggets</p> <p> Giving Tuesday</p> <p>623 Tater Tots 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 693 Raspberry Lemonade Sidekick 927 Cheddar Goldfish</p>	<p>4</p> <p>217 Spicy Grilled Cheese V OR 226 Philly Cheese Steak Pinwheel OR 264 4x6 Cheese Pizza V OR 227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p> <p>611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 657 Strawberry Craisins 670 Fresh Fruit 992 Oatmeal Cookie</p> <p> National Cookie Day</p>	<p>5</p> <p>207 Cheese Ravioli V & 903 Maple Biscuits OR 255 Pizzaboli V OR 234 Turkey Ham & Two Cheese on Roll</p> <p> International Volunteer Day</p> <p>708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice</p>	<p>6</p> <p>281 Popcorn Chicken w/ Roasted Potatoes OR 263 5''Round Cheese Pizza V</p> <p>632 Wango Mango Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 670 Fresh Fruit 929 Chocolate Tiger Bites</p>
<p>9</p> <p>205 Popcorn Chicken & 623 Tater Tots OR 215 Taco Stick & 620 Salsa OR 263 5''Round Cheese Pizza V & 623 Tater Tots</p> <p>630 Dragon Punch Vegetable Juice 670 Fresh Fruit 650 Strawberry Banana Smoothie 937 Apple Cinnamon Bear Grahams</p>	<p>10</p> <p>271 Cheeseburger Calzone & 625 Corn & 988 Cinnamon Graham Crackers OR 288 Mac & Cheese w. Broccoli V & 909 Dinner Rolls</p> <p>633 Sunset Sip Vegetable Juice 657 Strawberry Craisins 670 Fresh Fruit</p> <p> National Pastry Day</p>	<p>11</p> <p>223 Veggie Pinwheel V OR 203 Mini Pepperoni Calzone OR 238 Chicken, Turkey Pepperoni & Cheese Croissant OR 264 4x6 Cheese Pizza V</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 446 Mott's Apple Juice 670 Fresh Fruit</p>	<p>12</p> <p>268 French Bread Cheese Pizza OR 283 Chicken Tenders w. Corn OR 404 Italian Combo Wrap</p> <p> Gingerbread House Day</p> <p>708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Juice 928 Pretzel Goldfish</p>	<p>13</p> <p>210 Cheese Stuffed Breadsticks V & 622 Marinara Sauce OR 216 Spicy Taco Stick & 620 Salsa & 941 Tostito Scoops</p> <p>634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup 670 Fresh Fruit</p>
<p>16</p> <p>280 Hamburger with Green Beans & 915 Wheat Hamburger Buns OR 269 Cheese Pizza Calzone V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit 685 Rosati "Givin Thanks" Ice</p>	<p>17</p> <p>219 Turkey Pepperoni Pinwheel OR 257 Mozzarella Sticks V OR 264 4x6 Cheese Pizza V</p> <p>622 Marinara Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 993 Candy Cane Holiday Cookie</p>	<p>18</p> <p>209 Taco Meat & 941 Tostito Scoops OR 215 Taco Stick & 941 Tostito Scoops OR 236 Turkey & Two Cheese Wedge</p> <p>620 Salsa 632 Wango Mango Vegetable Juice 670 Fresh Fruit 659 Watermelon Craisins</p>	<p>19</p> <p>268 French Bread Pizza V OR 288 Mac & Cheese w. Broccoli & 909 Dinner Rolls OR 263 5''Round Cheese Pizza V</p> <p>708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 689 Strawberry Applesauce</p>	<p>20</p> <p>204 Chicken Nuggets OR 206 French Toast w. Sausage</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 446 Mott's Apple Juice 658 Cherry Craisins</p>
<p>23</p>	<p>24</p> <p></p>	<p>25</p> <p></p>	<p>26</p> <p></p>	<p>27</p>
<p>30</p> <p></p>	<p>31</p> <p></p>	<p>1</p> <p></p>	<p>2</p> <p></p>	<p>3</p>
<p>6</p> <p>255 PizzaBoli OR 203 Mini Pepperoni Calzone OR 268 French Bread Pizza V</p> <p>620 Salsa 630 Dragon Punch Vegetable Juice 658 Cherry Craisins 445 Mott's Fruit Punch Juice 941 Tostitos Scoops</p>	<p>7</p> <p>217 Spicy Grilled Cheese V OR 213 Chicken & BBQ Sauce S'Which </p> <p>603 Baked Beans 631 Cherry Star Vegetable Juice 446 Mott's Apple Juice 649 Dole Orange Gel Cup</p>	<p>8</p> <p>264 4x6 Cheese Pizza V OR 218 Mozzarella Pinwheel V</p> <p>622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 649 Dole Orange Gel Cup 447 Mott's Apple White Grape Juice 927 Cheddar Goldfish</p>	<p>9</p> <p>221 Two Cheese, Chicken Quesadilla & 625 Corn OR 273 Swedish Meatballs, Noodles & Broccoli</p> <p>633 Sunset Sip Vegetable Juice 670 Fresh Fruit OR 682 Bananas 688 Orange Mango Applesauce 933 Bell Holiday Cookie</p>	<p>10</p> <p>208 Mini Corn Dogs OR 225 Ciabatta Cheese Melt V OR 236 Turkey & Two Cheese Wedge</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit 609 Mixed Fruit Cup</p>

V= Vegetarian Options

PLEASE READ CAREFULLY. - Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children and will not trigger an allergic reaction OR related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction OR related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

Nutritional Development Services
Archdiocese of Philadelphia
222 N 17th St, Philadelphia, PA 19103
215-895-3470, option 1





December



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!



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

