

High School Hot Lunch Menu

JANUARY 2025

"Refine your diet, Don't be quiet!" - Luna A. 5th 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>13</p> <p>280 Hamburger w. Green Beans & 915 Wheat Hamburger Buns</p> <p>OR</p> <p>284 Chicken Alfredo, Penne & Broccoli & 909 Dinner Roll</p> <p>630 Dragon Punch Vegetable Juice</p> <p>684 Strawberry Banana Applesauce</p> <p>670 Fresh Fruit</p>	<p>14</p> <p>206 French Toast w. Sausage & 928 Pretzel Goldfish</p> <p>OR</p> <p>218 Mozzarella Pinwheel V</p> <p>OR</p> <p>268 French Bread Cheese Pizza V</p> <p>623 Tater Tots</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>445 Mott's Fruit Punch</p> <p>670 Fresh Fruit</p>	<p>15</p> <p>215 Spicy Grilled Cheese V </p> <p>OR</p> <p>221 Two Cheese, Chicken Quesadilla</p> <p>OR</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese</p> <p>OR</p> <p>264 4x6 Cheese Pizza</p> <p>620 Salsa</p> <p>631 Cherry Star Vegetable Juice</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p> <p>994 Tostitos Top N' Go</p>	<p>16</p> <p>295 Meatloaf & Gravy w. Mashed Potatoes & 909 Dinner Rolls</p> <p>OR</p> <p>204 Chicken Nuggets & 625 Corn</p> <p>OR</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>611 Bagged Baby Carrots</p> <p>541 Chocolate Hummus</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>658 Cherry Craisins</p> <p>931 Cinnamon Bug Bites</p>	<p>17</p> <p>264 4x6 Cheese Pizza V</p> <p>OR</p> <p>225 Ciabatta Cheese Melt V</p> <p>OR</p> <p>232 Buffalo Chicken & Cheddar on Brioche Bun</p> <p>708 Spinach & Romaine Salad w. Chickpeas</p> <p>622 Marinara Cup</p> <p>670 Fresh Fruit</p> <p>447 Mott's Apple White Grape Juice</p>
<p>20</p> <p></p>	<p>21</p> <p>256 Cheese Stuffed Breadsticks V</p> <p>OR</p> <p>257 Mozzarella Sticks V</p> <p>OR</p> <p>263 5" Round Cheese Pizza</p> <p>622 Marinara Sauce</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>686 Rosati "Hero" Ice</p> <p>670 Fresh Fruit</p>	<p>22</p> <p>205 Popcorn Chicken & 928 Pretzel Goldfish</p> <p>OR</p> <p>212 Taco Triangles</p> <p>OR</p> <p>264 4x6 Cheese Pizza</p> <p>OR</p> <p>236 Turkey & Two Cheese Wedge</p> <p>702 Potato Smiles</p> <p>631 Cherry Star Vegetable Juice</p> <p>697 Sliced Apples</p> <p>447 Mott's Apple White Grape Juice</p> <p></p>	<p>23</p> <p>269 Cheese Pizza Calzone V</p> <p>OR</p> <p>226 Philly Steak & Cheese Pinwheel</p> <p>OR</p> <p>268 French Bread Cheese Pizza</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>622 Marinara Cup</p> <p>670 Fresh Fruit</p> <p>658 Cherry Craisins </p>	<p>24</p> <p>200 Hamburger</p> <p>OR</p> <p>274 Toasted Cheese Sandwich V</p> <p>OR</p> <p>263 5" Round Cheese Pizza</p> <p>623 Tater Tots</p> <p>621 Celery Sticks</p> <p>541 Chocolate Hummus</p> <p>670 Fresh Fruit</p> <p>445 Mott's Apple Juice</p>
<p>27</p> <p>268 French Bread Pizza V</p> <p>OR</p> <p>208 Mini Corn Dogs</p> <p>623 Tater Tots</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>695 Strawberry & Mango Sidekick</p> <p>670 Fresh Fruit</p>	<p>28</p> <p>213 Chicken & BBQ Sauce S'Wich </p> <p>OR</p> <p>271 Cheeseburger Calzone</p> <p>611 Bagged Baby Carrots</p> <p>633 Sunset Sip Vegetable Juice</p> <p>543 Red Pepper Hummus</p> <p>648 Strawberry Gel Cup</p> <p>670 Fresh Fruit</p>	<p>29</p> <p>282 BBQ Popcorn Chicken w. Mashed Sweet Potato</p> <p>OR</p> <p>284 Chicken Alfredo, Penne & Broccoli</p> <p></p> <p>630 Dragon Punch Vegetable Juice</p> <p>657 Strawberry Craisins</p> <p>445 Mott's Fruit Punch Juice</p> <p>990 Chocolate Chip Cookie</p>	<p>30</p> <p>255 PizzaBoli V</p> <p>OR</p> <p>203 Mini Pepperoni Calzone</p> <p>OR</p> <p>242 Chicken Turkey Ham & Cheese Wedge Sandwich</p> <p>708 Spinach & Romaine Salad w. Chickpeas</p> <p>621 Celery Sticks</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>697 Bagged Apple Slices</p> <p>932 Cinnamon Scooby Snacks</p>	<p>31</p> <p>216 Spicy Beef & Cheese Taco Stick</p> <p>OR</p> <p>218 Mozzarella Pinwheel V</p> <p>OR</p> <p>238 Chicken Turkey Pepperoni & Cheese Croissant</p> <p>620 Salsa</p> <p>631 Cherry Star Vegetable Juice</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</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.



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2025

Dear Parents, Caregivers, & Students,

Happy New Year! As we say goodbye to 2024, NDS wants to take a moment to thank you for being a part of our journey. This past year was full of memorable moments, and we couldn't have done it without your support, energy, and enthusiasm! The new year allows for a fresh start, new adventures, and exciting opportunities. May 2025 bring you and your families happiness, good health, and unforgettable memories!

New Year Goals!

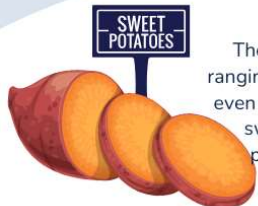
It's a brand new year, which means a fresh start with exciting goals and dreams! We know you're going to do some amazing things in 2025, so we thought we'd share some fun goals to inspire you:

1. Stay Active and Move More! Whether it's running, jumping, playing sports, or dancing to your favorite music, try to move your body every day! Being active helps you feel strong, healthy, and full of energy!
2. Try New Healthy Foods! This year, why not try a new fruit or vegetable you've never tasted before? You might discover your new favorite food. Be sure to check your lunch menus to see what new fruits or vegetables you can try!
3. Be Kind and Help Others! Making someone smile can be the best part of your day! This year, set a goal to do something kind for others, whether it's helping a friend, saying something nice, or sharing with someone in need.
4. Read, Explore, and Learn! Did you know that your brain is like a muscle? The more you learn, the stronger it gets! When you try new things, solve problems, or read a book, your brain creates new connections and grows smarter. Challenge yourself to learn something new every day. Whether it's math, science, or a fun new hobby, your brain will thank you for it!

A Prayer for the New Year

Thank You for the gift of a new year. We ask for Your guidance, strength, and peace as we step into this new chapter. Help us grow in love, patience, and kindness. Bless our health, our families, and our friends.

May this year bring joy, purpose, and gratitude to our hearts. Amen.



Harvest of the Month!

There are over 400 varieties of sweet potatoes, ranging in color from orange and purple to white and even yellow. One of the most nutritious vegetables, sweet potatoes are high in vitamins A and C, potassium, antioxidants, fiber, and complex carbohydrates.



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