

High School Cold Lunch Menu

March 2025

"Healthy Food RULE like a KING!!" - Robbie C. 4th Grade @ St. Peter the Apostle

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. All Items are pork free.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>238 Chicken Turkey Pepperoni Cheese Croissant</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>601 Homestyle Potato Salad</p> <p>697 Bagged Apple Slices</p> <p>445 Mott's Fruit Punch Juice</p>	<p>4</p> <p>232 Buffalo Chicken & Cheddar on Brioche Bun</p> <p>620 Salsa</p> <p>630 Dragon Punch Vegetable Juice</p> <p>688 Orange Mango Applesauce</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p> 	<p>5</p> <p>261 Soy Butter & Jelly Sandwich V</p> <p> Ash Wednesday</p> <p>611 Bagged Baby Carrots</p> <p>631 Cherry Star Vegetable Juice</p> <p>546 Cheesy Pizza Hummus</p> <p>670 Fresh Fruit</p> <p>447 Apple White Grape</p>	<p>6</p> <p>237 Italian Sandwich</p> <p>708 Spinach w. Chickpeas</p> <p>630 Dragon Punch Vegetable Juice</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>658 Cherry Craisins</p>	<p>7</p> <p>251 Grilled Cheese V</p> <p>621 Celery Sticks</p> <p>632 Wango Mango Vegetable Juice</p> <p>543 Red Pepper Hummus</p> <p>684 Strawberry Banana Applesauce</p> <p>446 Mott's Apple Juice</p>
<p>10</p> <p>404 Italian Combo Wrap</p> <p>620 Salsa</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>688 Orange Mango Applesauce</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>11</p> <p>233 Rotisserie Chicken Mozzarella on Brioch</p> <p>632 Wango Mango Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>670 Fresh Fruit</p> <p>648 Strawberry Gel Cup</p>	<p>12</p> <p>228 Turkey Ham & Cheese Sub</p> <p>630 Dragon Punch Vegetable Juice</p> <p>602 PA Dutch Potato Salad</p> <p>657 Strawberry Craisins</p> <p>445 Mott's Fruit Punch Juice</p> <p>932 Cinnamon Scooby Snacks</p> <p> Registered Dietician Nutritionist Day</p>	<p>13</p> <p>242 Chicken Turkey Ham & Cheese Wedge</p> <p><small>International School Meals Day</small></p> <p>706 Spinach Salad w. Cherry Tomatoes</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>447 Mott's Apple White Grape</p> <p>990 Chocolate Chip Cookie</p> 	<p>14</p> <p>261 Soy Butter & Jelly Sandwich V</p> <p>621 Celery Sticks</p> <p>541 Chocolate Hummus</p> <p>631 Cherry Star Vegetable Juice</p> <p>697 Bagged Apple Slices</p> <p>446 Mott's Apple Juice</p>
<p>17</p> <p>236 Turkey & Two Cheese Wedge</p> <p> HAPPY ST. PATRICK'S DAY</p> <p>630 Dragon Punch Vegetable Juice</p> <p>602 PA Dutch Potato Salad</p> <p>670 Fresh Fruit</p> <p>445 Mott's Fruit Punch Juice</p> <p>993 Holiday Cookie</p>	<p>18</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese</p> <p>631 Cherry Star Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>657 Strawberry Craisins</p> <p>670 Fresh Fruit</p> <p>928 Pretzel Goldfish</p>	<p>19</p> <p>237 Italian Sandwich</p> <p> Let's Laugh Day</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>620 Salsa</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>20</p> <p>242 Chicken Turkey Ham & Cheese Wedge</p> <p>706 Spinach Salad w. Cherry Tomatoes</p> <p>633 Sunset Sip Vegetable Juice</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>447 Apple White Grape</p> <p>932 Cinnamon Scooby Snacks</p>	<p>21</p> <p>251 Grilled Cheese V</p> <p> World Down Syndrome Day</p> <p>633 Sunset Sip Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>546 Cheesy Pizza Hummus</p> <p>607 Mango Fruit Cup</p> <p>670 Fresh Fruit</p> <p>928 Pretzel Goldfish</p>
<p>24</p> <p>404 Italian Combo Wrap</p> <p>620 Salsa</p> <p>630 Dragon Punch Vegetable Juice</p> <p>658 Cherry Craisins</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>25</p> <p>228 Turkey Ham & Cheese Sub</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>601 Homestyle Potato Salad</p> <p>684 Strawberry Banana Applesauce</p> <p>670 Fresh Fruit</p>	<p>26</p> <p>232 Buffalo Chicken & Cheddar On Brioche Bun</p> <p>632 Wango Mango Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>546 Cheesy Pizza Hummus</p> <p>648 Strawberry Gel Cup</p> <p>670 Fresh Fruit</p> <p> National Spinach Day</p>	<p>27</p> <p>237 Italian Sandwich</p> <p>708 Spinach & Romaine Salad w. Chickpeas</p> <p>630 Dragon Punch Vegetable Juice</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>445 Mott's Fruit Punch Juice</p>	<p>28</p> <p>261 Soy Butter & Jelly Sandwich V</p> <p>632 Wango Mango Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pizza Hummus</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p> <p>932 Cinnamon Scooby Snacks</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.



MARCH 2025

Dear Parents, Caregivers, & Students,

This month, we are excited to celebrate not only St. Patrick's Day but also National Breakfast Week! At NDS, we are dedicated to providing students with a wonderful meal to start their day.

As we embrace the season, we are reminded of the symbolism of the three-leaf clover. The shamrock, a three-leaf clover, has been associated with Ireland for centuries. Known as the "seamroy" by the Celts, it was considered a sacred plant symbolizing the arrival of spring. Legend says that each leaf of the clover represents Hope, Faith, Love, and Luck. While the odds of finding a four-leaf clover are 1 in 10,000, we can assure you that the odds of students enjoying a great meal with NDS are always 100%. We look forward to sharing a memorable month filled with delicious meals and fun celebrations with your children!

National Breakfast Week

Get your magnifying glass, put on your detective hat, and clue into National School Breakfast Week! From March 3rd to March 7th, NDS will be celebrating the importance of a healthy start to the day in fueling a child's academic success. The school year can be a very busy time for families, and often, breakfast gets skipped. That's why school breakfast is such a great option!

It has been shown that students who eat school breakfast tend to have better attendance rates, fewer behavioral problems, higher levels of achievement in reading and math, and score better on standardized tests. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. Make sure to stop by your school breakfast to find your clues to starting a great day!



National Wellness Month

March is National Wellness Month! It's the perfect time to focus on physical, mental, and emotional well-being. During this month, NDS is encouraging students to create healthy habits that will last long after March is over. These habits can include getting 8 hours of sleep, practicing mindfulness and meditation, eating a balanced diet, and engaging in regular exercise. At NDS, we support these efforts by providing students with healthy meals that include a variety of foods from all five food groups: fruits, vegetables, whole grains, protein, and dairy. Fuel up during the month with NDS breakfast & lunch!

Dairy

Did you know U.S. cows produce about 21 billion gallons of milk annually? In March, we celebrate the benefits of milk, which is produced by family-owned farms in every state. With new technology, farmers keep cows healthy while providing milk rich in protein, calcium, and vitamins A & D—great for strong bones and teeth. Fun fact: Chocolate milk helps rehydrate and refuel muscles after a workout!

Prayer

Thank you for this wonderful breakfast and the energy it gives us. Bless those who prepared it, and help us use this strength to do good today. Amen.