



# Middle School Hot 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><b>3</b></p> <p>205 Popcorn Chicken &amp; 931 Cinnamon Bug Bites OR 212 Taco Triangles OR 264 4x6 Cheese Pizza <b>V</b></p> <p>702 Potato Smiles 697 Sliced Apples 447 Mott's Apple White Grape</p>	<p><b>4</b></p> <p>273 Swedish Meatballs, Noodles and Broccoli &amp; 118 String Cheese OR 288 Mac &amp; Cheese w. Broccoli <b>V</b></p> <p>630 Dragon Punch Vegetable Juice  608 Tropical Fruit Cup 670 Fresh Fruit 909 Dinner Roll</p>	<p><b>5</b></p> <p>256 Cheese Stuffed Breadsticks <b>V</b> OR 257 Mozzarella Sticks <b>V</b> OR 263 5'' Round Cheese Pizza <b>V</b></p> <p>622 Marinara Sauce 634 Ruby Rusher Vegetable Juice  445 Mott's Fruit Punch 670 Fresh Fruit</p>	<p><b>6</b></p> <p>200 Hamburger OR 201 Cheeseburger OR 263 5'' Round Cheese Pizza <b>V</b></p> <p>708 Spinach Salad w. Chickpeas 446 Mott's Apple Juice 670 Fresh Fruit</p>	<p><b>7</b></p> <p>269 Cheese Pizza Calzone <b>V</b> OR 263 5'' Round Cheese Pizza <b>V</b> OR 268 French Bread Cheese Pizza <b>V</b></p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins</p>
<p><b>10</b></p> <p>268 French Bread Cheese Pizza <b>V</b> OR 208 Mini Corn Dogs</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 546 Cheesy Pizza Hummus 670 Fresh Fruit 695 Strawberry &amp; Mango Sidekick 928 Pretzel Goldfish</p>	<p><b>11</b></p> <p>225 Ciabatta Cheese Melt Sandwich <b>V</b> OR 271 Cheeseburger Calzone</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 648 Strawberry Gel Cup 670 Fresh Fruit</p>	<p><b>12</b></p> <p>284 Chicken Alfredo, Penne and Broccoli OR 282 BBQ Popcorn Chicken w/ Mashed Sweet Potato</p> <p>630 Dragon Punch Vegetable Juice  657 Strawberry Craisins 670 Fresh Fruit 932 Cinnamon Scooby Snacks</p>	<p><b>13</b></p> <p>255 Pizzaboli <b>V</b> OR 203 Mini Pepperoni Calzone</p> <p>706 Spinach Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch 990 Chocolate Chip Cookie </p>	<p><b>14</b></p> <p>218 Mozzarella Pinwheel <b>V</b> OR 263 5'' Round Cheese Pizza <b>V</b></p> <p>620 Salsa Cup 631 Cherry Star Vegetable Juice 697 Sliced Apples 446 Mott's Apple Juice 941 Tostitos Scoops</p>
<p><b>17</b></p> <p>280 Beef Burger with Green Beans &amp; 915 Hamburger Buns OR 204 Chicken Nuggets &amp; 632 Wango Mango Vegetable Juice OR 264 4x6 Cheese Pizza <b>V</b></p> <p>611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 686 Rosati "Hero" Ice  670 Fresh Fruit 993 Holiday Cookie</p>	<p><b>18</b></p> <p>208 Mini Corn Dogs OR 203 Mini Pepperoni Calzone OR 268 French Bread Cheese Pizza <b>V</b></p> <p>623 Tater Tots 543 Red Pepper Hummus 657 Strawberry Craisins 670 Fresh Fruit 928 Pretzel Goldfish</p>	<p><b>19</b></p> <p>215 Beef &amp; Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla OR 237 Italian Sandwich</p> <p>620 Salsa  634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice 941 Tostito's Scoops</p>	<p><b>20</b></p> <p>268 French Bread Cheese Pizza <b>V</b> OR 212 Taco Triangle OR 242 Chicken, Turkey Ham &amp; Cheese Wedge</p> <p>706 Spinach Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape 932 Cinnamon Scooby Snacks</p>	<p><b>21</b></p> <p>257 Mozzarella Sticks <b>V</b> OR 225 Ciabatta Cheese Melt <b>V</b></p> <p>622 Marinara Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice </p>
<p><b>24</b></p> <p>206 Fresh Toast w. Sausage OR 204 Chicken Nuggets</p> <p>702 Potato Smiles 658 Cherry Craisins 670 Fresh Fruit 932 Cinnamon Scooby Snacks</p>	<p><b>25</b></p> <p>220 Hot Dog &amp; 906 Hot Dog Buns &amp; 623 Tater Tots OR 288 Mac &amp; Cheese w. Broccoli <b>V</b> &amp; 909 Dinner Rolls</p> <p>634 Ruby Rusher Vegetable Juice 689 Strawberry Applesauce 670 Fresh Fruit</p>	<p><b>26</b></p> <p>255 Pizzaboli <b>V</b>  OR 256 Cheese Stuffed Breadsticks <b>V</b> OR 268 French Bread Cheese Pizza <b>V</b></p> <p>622 Marinara Sauce 632 Wango Mango Vegetable Juice 650 Strawberry Banana Smoothie Bowl 670 Fresh Fruit</p>	<p><b>27</b></p> <p>218 Mozzarella Pinwheel <b>V</b> OR 207 Cheese Ravioli <b>V</b> &amp; 909 Dinner Rolls OR 237 Italian Sandwich</p> <p>708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch</p>	<p><b>28</b></p> <p>269 Cheese Pizza Calzone <b>V</b> OR 263 5'' Round Cheese Pizza <b>V</b></p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 607 Mango Fruit Cup 446 Mott's Apple Juice 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.