













Elementary School Hot Lunch Menu

April 2025

Prosper your diet and GROW™ - Gabrielle N. 4th 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. All Items are pork free.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 31 | 1 | 2 | 3 | 4 |
| <p>218 Mozzarella Pinwheel V OR 225 Ciabatta Cheese Melt Sandwich V</p> <p>623 Tater Tots 632 Wango Mango Veggie Juice 657 Strawberry Craisins</p> | <p>205 Popcom Chicken OR 270 Pepperoni Calzone</p> <p>702 Potato Smilies 670 Fresh Fruit</p> <p style="text-align: center;">APRIL FOOL'S DAY! </p> | <p>283 Chicken Tenders & Corn OR 268 French Bread Cheese Pizza V OR 227 Turkey Ham, Turkey Pepperoni & Cheese</p> <p>634 Ruby Rusher Veggie Juice 541 Chocolate Hummus 749 Apple Cherry Juice 929 Chocolate Tiger Bites</p> <p style="text-align: center;">World Autism Awareness Day </p> | <p>272 Buffalo Chicken Calzone OR 204 Chicken Nuggets OR 237 Italian Sandwich</p> <p>706 Spinach w. Tomatoes 670 Fresh Fruit OR 682 Bananas 932 Cinnamon Scooby Snacks</p> <p style="text-align: center;">National Burrito Day </p> | <p>225 Ciabatta Cheese Melt Sandwich V OR 251 Grilled Cheese V</p> <p>611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 928 Pretzel Goldfish</p> <p style="text-align: center;">International Carrot Day </p> |
| 7 | 8 | 9 | 10 | 11 |
| <p>280 Beef Burger w/ Green Beans & 915 Hamburger Buns OR 284 Chicken Alfredo, Penne and Broccoli & 909 Dinner Rolls</p> <p>630 Dragon Punch Veggie Juice 670 Fresh Fruit</p> | <p>206 Fresh Toast w. Sausage OR 204 Chicken Nuggets</p> <p>623 Tater Tots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 928 Pretzel Goldfish</p> <p style="text-align: center;">National Empanada Day </p> | <p>215 Beef & Cheese Taco Stick OR 222 Sloppy Joes & 915 Hamburger Buns OR 237 Italian Sandwich</p> <p>620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 941 Tostitos Scoops</p> <p style="text-align: center;">School Nurse Day </p> | <p>295 Meatloaf & Gravy w/ Mashed Potatoes OR 286 Penne w/Meat Sauce & Italian Vegetables</p> <p>632 Wango Mango Veggie Juice 670 Fresh Fruit OR 682 Bananas 909 Dinner Rolls</p> | <p>264 4x6 Cheese Pizza V OR 225 Ciabatta Cheese Melt Sandwich V OR 236 Turkey & Two Cheese Wedge</p> <p>708 Spinach Salad w. Chickpeas 670 Fresh Fruit</p> |
| 14 | 15 | 16 | 17 | 18 |
| <p>256 Cheese Stuffed Breadsticks V OR 257 Mozzarella Sticks V OR 238 Chicken Turkey Pepperoni & Cheese Croissant 622 Marinara Sauce 634 Ruby Rusher Veggie Juice 670 Fresh Fruit</p> | <p>273 Swedish Meatballs, Noodles and Broccoli OR 288 Mac & Cheese w. Broccoli V</p> <p>630 Dragon Punch Veggie Juice 749 Apple Cherry Juice 909 Dinner Roll</p> <p style="text-align: center;">World Art Day </p> | <p>205 Popcorn Chicken & 931 Cinnamon Bug Bites OR 212 Taco Triangles</p> <p>702 Potato Smilies 697 Sliced Apples</p> <p style="text-align: center;">National Banana Day </p> | <p>200 Hamburger OR 201 Cheeseburger</p> <p>603 Baked Beans 632 Wango Mango Veggie Juice 670 Fresh Fruit</p> <p style="text-align: center;">Holy Thursday </p> | <p>269 Cheese Pizza Calzone V OR 251 Grilled Cheese V OR 268 French Bread Cheese Pizza V</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 658 Cherry Craisins</p> <p style="text-align: center;">Good Friday </p> |
| 21 | 22 | 23 | 24 | 25 |
| <p>268 French Bread Cheese Pizza V OR 208 Mini Corn Dogs</p> <p>623 Tater Tots 634 Ruby Rusher Veggie Juice 695 Strawberry & Mango Sidekick</p> | <p>220 Hot Dog & 906 Hot Dog Buns OR 269 Cheese Pizza Calzone OR 233 Rotisserie Chicken w/ Mozzarella On Brioche Bun 611 Bagged Baby Carrots 543 Red Pepper Hummus 648 Strawberry Gel</p> <p style="text-align: center;">Earth Day </p> | <p>284 Chicken Alfredo, Penne and Broccoli OR 282 BBQ Popcorn Chicken w/ Mashed Sweet Potato</p> <p>630 Dragon Punch Veggie Juice 657 Strawberry Craisins</p> | <p>255 Pizzaboli V OR 203 Mini Pepperoni Calzone OR 261 Soy Butter & Jelly Sandwich V</p> <p>708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 990 Chocolate Chip Cookie</p> | <p>216 Spicy Taco Stick OR 218 Mozzarella Pinwheel V OR 236 Turkey & Two Cheese</p> <p>620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 941 Tostitos Scoops</p> |
| 28 | 29 | 30 | 1 | 2 |
| <p>257 Mozzarella Sticks V & 622 Marinara Sauce OR 220 Hot Dog & 906 Hot Dog Buns & 611 Bagged Baby Carrots</p> <p>630 Dragon Punch Veggie Juice 670 Fresh Fruit</p> | <p>208 Mini Corn Dogs OR 203 Mini Pepperoni Calzone</p> <p style="text-align: center;">International Dance Day </p> <p>623 Tater Tots 631 Cherry Star Veggie Juice 657 Strawberry Craisins</p> | <p>215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla OR 237 Italian Sandwich</p> <p>620 Salsa 634 Ruby Rusher Veggie Juice 697 Bagged Sliced Apples 941 Tostito's Scoops</p> | <p>268 French Bread Cheese Pizza V OR 212 Taco Triangle OR 242 Chicken, Turkey Ham & Cheese Wedge</p> <p>708 Spinach Salad w/Chickpeas 670 Fresh Fruit OR 682 Bananas 932 Cinnamon Scooby Snacks</p> | <p>204 Chicken Nuggets & 928 Pretzel Goldfish OR 280 Beef Burger w/ Green Beans & 915 Hamburger Buns</p> <p>611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit</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.





APRIL 2025

Dear Parents, Caregivers, & Students,

April Showers Bring May Flowers! Spring is the perfect time to try new activities and feel refreshed. With colorful blooms and fresh air, it's a season of growth. At NDS, we're excited to bring the beauty of spring into our meals with seasonal fruits and amazing veggies. We look forward to providing delicious, energizing meals for students this spring. Thank you for your continued support!

Happy Earth Day!

Today is a special day to celebrate our beautiful planet! Earth Day is a time to remember how we can take care of the environment. Whether it's planting a tree, picking up litter, or saving water, there are lots of ways we can help protect nature. Let's all do our part to keep the Earth clean, green, and happy for everyone to enjoy!

Rainy Day Activities

April is a very rainy time of the year. Rainy days are perfect for staying active indoors! Try an obstacle course, dance party, or fun yoga moves. Healthy snacks like fruit kabobs or smoothies are also a great idea. Get creative with arts and crafts, build a cozy blanket fort, or have a movie marathon with favorite films and snacks. The rain might keep you inside, but your imagination can take you anywhere!

Wellness Committee

NDS is looking for members to join our Wellness Committee! Parents, PE teachers, school health professionals, and school administrators from the schools we sponsor are encouraged to participate in addition to NDS board members, the public, and other interested stakeholders.

Committee members will be responsible for updating policy language, recruiting new members, assisting with policy assessment, promoting wellness activities and policy adherence at their schools, and sharing ideas for wellness activities that schools can implement. Our next meeting will be Monday, April 28th. All meetings are virtual and held via Microsoft Teams. Please contact Jean Falk at 215-895-3470 or email jfalk@ndsarch.org for background information or other details.

Broccoli

This month NDS is highlighting a powerhouse veggie—Broccoli! This super veggie is packed with vitamins, fiber, and minerals to keep you strong and healthy! It helps boost your immune system, keeps your bones strong, and gives you energy to stay active. Whether you eat it raw, roasted, or in a stir-fry, broccoli is a tasty and super nutritious way to fuel your day!

Thank you for the
beauty of spring.
For flowers, trees, and
sunny days,
and for new life all
around us.
Help us to grow in
kindness and love.
Amen.

