



# High School Cold 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
<b>31</b> <b>238</b> Chicken Turkey Pepperoni Cheese Croissant  <b>601</b> Homestyle Potato Salad <b>632</b> Wango Mango Veggie Juice <b>689</b> Strawberry Craisins <b>670</b> Fresh Fruit	<b>1</b> <b>236</b> Turkey & Two Cheese Wedge  <b>630</b> Dragon Punch Veggie Juice <b>689</b> Strawberry Applesauce <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops	<b>2</b> <b>228</b> Turkey Ham & Cheese Sub  <b>631</b> Cherry Star Veggie Juice <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Juice <b>929</b> Chocolate Tiger Bites	<b>3</b> <b>237</b> Italian Sandwich  <b>706</b> Spinach w. Tomatoes <b>633</b> Sunset Sip Veggie Juice <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>446</b> Mott's Apple Juice <b>932</b> Cinnamon Scooby Snacks 	<b>4</b> <b>261</b> Soy Butter & Jelly Sandwich <b>V</b>  <b>621</b> Celery Sticks <b>632</b> Wango Mango Veggie Juice <b>546</b> Cheesy Pizza Hummus <b>657</b> Strawberry Craisins <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops 
<b>7</b> <b>404</b> Italian Combo Wrap  <b>630</b> Dragon Punch Veggie Juice <b>601</b> Homestyle Potato Salad <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce	<b>8</b> <b>242</b> Chicken Turkey Ham & Cheese Wedge  <b>620</b> Salsa <b>634</b> Ruby Rusher Veggie Juice <b>445</b> Mott's Fruit Punch Juice <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops 	<b>9</b> <b>227</b> Turkey Ham, Turkey Pepperoni & Cheese  <b>631</b> Cherry Star Veggie Juice <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice <b>928</b> Pretzel Goldfish 	<b>10</b> <b>229</b> Turkey Ham & Cheese Croissant  <b>631</b> Wango Mango Veggie Juice <b>621</b> Celery <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>658</b> Cherry Craisins <b>931</b> Cinnamon Bug Bites	<b>11</b> <b>251</b> Grilled Cheese <b>V</b>  <b>708</b> Spinach & Romaine Salad w. Chickpeas <b>632</b> Wango Mango Vegetable Juice <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape
<b>14</b> <b>238</b> Chicken Turkey Pepperoni Cheese Croissant  <b>634</b> Ruby Rusher Veggie Juice <b>602</b> PA Dutch Potato Salad <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Juice	<b>15</b> <b>232</b> Buffalo Chicken & Cheddar on Brioche Bun  <b>620</b> Salsa <b>630</b> Dragon Punch Veggie Juice <b>688</b> Orange Mango Applesauce <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops	<b>16</b> <b>236</b> Turkey & Two Cheese Wedge  <b>611</b> Bagged Baby Carrots <b>631</b> Cherry Star Vegetable Juice <b>543</b> Red Pepper Hummus <b>697</b> Sliced Apples <b>447</b> Apple White Grape	<b>17</b> <b>237</b> Italian Sandwich  <b>620</b> Salsa <b>630</b> Dragon Punch Veggie Juice <b>658</b> Cherry Craisins <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops 	<b>18</b> <b>261</b> Soy Butter & Jelly Sandwich <b>V</b>  <b>705</b> Dragon Punch Veggie Juice <b>541</b> Chocolate Hummus <b>658</b> Cherry Craisins <b>446</b> Mott's Apple Juice 
<b>21</b> <b>404</b> Italian Combo Wrap  <b>620</b> Salsa <b>634</b> Ruby Rusher Veggie Juice <b>657</b> Strawberry Craisins <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops	<b>22</b> <b>233</b> Rotisserie Chicken Mozzarella on Brioche  <b>633</b> Sunset Sip Veggie Juice <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit <b>648</b> Strawberry Gel Cup 	<b>23</b> <b>228</b> Turkey Ham & Cheese Sub  <b>630</b> Dragon Punch Veggie Juice <b>602</b> PA Dutch Potato Salad <b>657</b> Strawberry Craisins <b>445</b> Mott's Fruit Punch Juice <b>932</b> Cinnamon Scooby Snacks	<b>24</b> <b>242</b> Chicken Turkey Ham & Cheese Wedge  <b>708</b> Spinach Salad w. Chickpeas <b>621</b> Celery Sticks <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape <b>990</b> Chocolate Chip Cookie	<b>25</b> <b>238</b> Chicken Turkey Pepperoni Cheese Croissant  <b>621</b> Celery Sticks <b>631</b> Cherry Star Veggie Juice <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice <b>928</b> Pretzel Goldfish
<b>28</b> <b>236</b> Turkey & Two Cheese Wedge  <b>630</b> Dragon Punch Veggie Juice <b>602</b> PA Dutch Potato Salad <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Juice	<b>29</b> <b>227</b> Turkey Ham, Turkey Pepperoni & Cheese  <b>631</b> Cherry Star Veggie Juice <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>657</b> Strawberry Craisins <b>670</b> Fresh Fruit <b>928</b> Pretzel Goldfish 	<b>30</b> <b>237</b> Italian Sandwich  <b>634</b> Ruby Rusher Veggie Juice <b>620</b> Salsa <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops	<b>1</b> <b>242</b> Chicken Turkey Ham & Cheese Wedge  <b>708</b> Spinach Salad w. Chickpeas <b>633</b> Sunset Sip Veggie Juice <b>684</b> Strawberry Banana Applesauce OR <b>682</b> Bananas <b>932</b> Cinnamon Scooby Snacks	<b>2</b> <b>233</b> Rotisserie Chicken Mozzarella on Brioche  <b>632</b> Wango Mango Veggie Juice <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>607</b> Mango Fruit Cup <b>670</b> Fresh Fruit <b>928</b> Pretzel Goldfish

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](mailto: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.

