

# Middle 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
<b>31</b> <b>218</b> Mozzarella Pinwheel <b>V</b> OR <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b> OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>623</b> Tater Tots <b>632</b> Wango Mango Veggie Juice <b>657</b> Strawberry Craisins <b>670</b> Fresh Fruit	<b>1</b> <b>205</b> Popcorn Chicken & <b>932</b> Cinnamon Scooby Snacks OR <b>270</b> Pepperoni Calzone OR <b>263</b> 5" Round Cheese Pizza <b>V</b>  <b>702</b> Potato Smilies <b>689</b> Strawberry Applesauce <b>670</b> Fresh Fruit <b>APRIL FOOL'S DAY!</b>	<b>2</b> <b>283</b> Chicken Tenders & Corn OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>634</b> Ruby Rusher Veggie Juice <b>541</b> Chocolate Hummus <b>694</b> Kiwi & Strawberry Sidekick <b>670</b> Fresh Fruit <b>929</b> Chocolate Tiger Bites <b>World Autism Awareness Day</b>	<b>3</b> <b>272</b> Buffalo Chicken Calzone OR <b>204</b> Chicken Nuggets & <b>932</b> Cinnamon Scooby Snacks OR <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>National Burrito Day</b>	<b>4</b> <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b> OR <b>251</b> Grilled Cheese <b>V</b>  <b>611</b> Bagged Baby Carrots <b>546</b> Chessy Pizza Hummus <b>670</b> Fresh Fruit OR <b>684</b> Strawberry Banana Applesauce <b>928</b> Pretzel Goldfish <b>International Carrot Day</b>
<b>7</b> <b>280</b> Beef Burger w/ Green Beans & <b>915</b> Hamburger Buns OR <b>284</b> Chicken Alfredo, Penne and Broccoli & <b>909</b> Dinner Rolls  <b>630</b> Dragon Punch Veggie Juice <b>684</b> Strawberry Banana Applesauce <b>670</b> Fresh Fruit	<b>8</b> <b>206</b> Fresh Toast w. Sausage OR <b>204</b> Chicken Nuggets & <b>928</b> Pretzel Goldfish OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit <b>National Empanada Day</b>	<b>9</b> <b>215</b> Beef & Cheese Taco Stick OR <b>222</b> Sloppy Joes & <b>915</b> Hamburger Buns OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit <b>944</b> Tostitos Top N' Go <b>School Nurse Day</b>	<b>10</b> <b>295</b> Meatloaf & Gravy w/ Mashed Potatoes OR <b>286</b> Penne w/Meat Sauce & Italian Vegetables  <b>632</b> Wango Mango Veggie Juice <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>264</b> 4x6 Cheese Pizza <b>V</b> OR <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b>  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape
<b>14</b> <b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>257</b> Mozzarella Sticks <b>V</b> OR <b>263</b> 5" Round Cheese Pizza <b>V</b>  <b>622</b> Marinara Sauce <b>634</b> Ruby Rusher Veggie Juice <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit	<b>15</b> <b>273</b> Swedish Meatballs, Noodles and Broccoli & <b>118</b> String Cheese OR <b>288</b> Mac & Cheese w. Broccoli <b>V</b>  <b>630</b> Dragon Punch Veggie Juice <b>608</b> Tropical Fruit Cup <b>670</b> Fresh Fruit <b>909</b> Dinner Roll <b>World Art Day</b>	<b>16</b> <b>205</b> Popcorn Chicken & <b>931</b> Cinnamon Bug Bites OR <b>212</b> Taco Triangles OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>702</b> Potato Smilies <b>697</b> Sliced Apples <b>447</b> Mott's Apple White Grape <b>National Banana Day</b>	<b>17</b> <b>200</b> Hamburger OR <b>201</b> Cheeseburger OR <b>263</b> 5" Round Cheese Pizza <b>V</b>  <b>603</b> Baked Beans <b>632</b> Wango Mango Veggie Juice <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit <b>Holy Thursday</b>	<b>18</b> <b>269</b> Cheese Pizza Calzone <b>V</b> OR <b>251</b> Grilled Cheese <b>V</b> OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit <b>658</b> Cherry Craisins <b>941</b> Tostitos Scoops <b>Good Friday</b>
<b>21</b> <b>268</b> French Bread Cheese Pizza <b>V</b> OR <b>208</b> Mini Corn Dogs OR <b>263</b> 5" Round Cheese Pizza <b>V</b>  <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>695</b> Strawberry & Mango Sidekick	<b>22</b> <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns OR <b>269</b> Cheese Pizza Calzone  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>648</b> Strawberry Gel <b>670</b> Fresh Fruit <b>Earth Day</b>	<b>23</b> <b>284</b> Chicken Alfredo, Penne and Broccoli OR <b>282</b> BBQ Popcorn Chicken w/ Mashed Sweet Potato OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>630</b> Dragon Punch Veggie Juice <b>657</b> Strawberry Craisins <b>445</b> Mott's Fruit Punch <b>903</b> Maple Biscuits	<b>24</b> <b>255</b> Pizzaboli <b>V</b> OR <b>203</b> Mini Pepperoni Calzone  <b>708</b> Spinach Salad w. Chickpeas <b>621</b> Celery Sticks <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>697</b> Sliced Apples <b>990</b> Chocolate Chip Cookie	<b>25</b> <b>216</b> Spicy Taco Stick OR <b>218</b> Mozzarella Pinwheel <b>V</b> OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice <b>941</b> Tostitos Scoops
<b>28</b> <b>257</b> Mozzarella Sticks <b>V</b> & <b>622</b> Marinara Sauce OR <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns & <b>611</b> Bagged Baby Carrots  <b>630</b> Dragon Punch Veggie Juice <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit	<b>29</b> <b>208</b> Mini Corn Dogs OR <b>203</b> Mini Pepperoni Calzone OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>623</b> Tater Tots <b>631</b> Cherry Star Veggie Juice <b>657</b> Strawberry Craisins <b>670</b> Fresh Fruit <b>International Dance Day</b>	<b>30</b> <b>215</b> Beef & Cheese Taco Stick OR <b>221</b> Two Cheese, Chicken Quesadilla OR <b>237</b> Italian Sandwich  <b>620</b> Salsa <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice <b>941</b> Tostito's Scoops	<b>1</b> <b>268</b> French Bread Cheese Pizza <b>V</b> OR <b>212</b> Taco Triangle OR <b>242</b> Chicken, Turkey Ham & Cheese Wedge  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape <b>932</b> Cinnamon Scooby Snacks	<b>2</b> <b>204</b> Chicken Nuggets & <b>611</b> Bagged Baby Carrots OR <b>280</b> Beef Burger w/ Green Beans & <b>915</b> Hamburger Buns OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>632</b> Wango Mango Veggie Juice <b>546</b> Chessy 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.

Nutritional Development Services  
Archdiocese of Philadelphia  
222 N 17th St. Philadelphia, PA 19103  
215-895-3470, option 1







# 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.

