

# Elementary Hot Lunch Menu

## JANUARY 2025

"Refine your diet, Don't be quiet!"- Luna A. 5th 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
<p><b>13</b></p> <p><b>280</b> Hamburger w. Green Beans &amp; <b>915</b> Wheat Hamburger Buns OR <b>284</b> Chicken Alfredo, Penne &amp; Broccoli</p> <p><b>630</b> Dragon Punch Vegetable Juice <b>670</b> Fresh Fruit</p>	<p><b>14</b></p> <p><b>206</b> French Toast w. Sausage &amp; <b>928</b> Pretzel Goldfish OR <b>218</b> Mozzarella Pinwheel <b>V</b></p> <p><b>623</b> Tater Tots <b>634</b> Ruby Rusher Vegetable Juice <b>752</b> Fruit Punch Juice</p>	<p><b>15</b></p> <p><b>215</b> Spicy Grilled Cheese <b>V</b> OR <b>221</b> Two Cheese, Chicken Quesadilla OR <b>227</b> Turkey Ham, Turkey Pepperoni &amp; Cheese</p> <p><b>620</b> Salsa <b>631</b> Cherry Star Vegetable Juice <b>670</b> Fresh Fruit <b>941</b> Tostitos Scoops</p> <p></p>	<p><b>16</b></p> <p><b>295</b> Meatloaf &amp; Gravy w. Mashed Potatoes OR <b>204</b> Chicken Nuggets &amp; <b>541</b> Chocolate Hummus OR <b>229</b> Turkey Ham &amp; Cheese Croissant &amp; <b>541</b> Chocolate Hummus</p> <p><b>611</b> Bagged Baby Carrots <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>931</b> Cinnamon Bug Bites</p>	<p><b>17</b></p> <p><b>264</b> 4x6 Cheese Pizza <b>V</b> OR <b>225</b> Ciabatta Cheese Melt <b>V</b> OR <b>232</b> Buffalo Chicken &amp; Cheddar on Brioche Bun</p> <p><b>708</b> Spinach &amp; Romaine Salad w. Chickpeas <b>670</b> Fresh Fruit</p>
<p><b>20</b></p> <p> <b>I HAVE A DREAM</b></p>	<p><b>21</b></p> <p><b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>257</b> Mozzarella Sticks <b>V</b></p> <p><b>622</b> Marinara Sauce <b>634</b> Ruby Rusher Vegetable Juice <b>685</b> Rosati "Hero" Ice</p>	<p><b>22</b></p> <p><b>205</b> Popcorn Chicken OR <b>212</b> Taco Triangles OR <b>236</b> Turkey &amp; Two Cheese Wedge</p> <p><b>702</b> Potato Smiles <b>697</b> Sliced Apples</p> <p></p>	<p><b>23</b></p> <p><b>269</b> Cheese Pizza Calzone <b>V</b> OR <b>226</b> Philly Steak &amp; Cheese Pinwheel OR <b>237</b> Italian Sandwich</p> <p><b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit</p> <p></p>	<p><b>24</b></p> <p><b>200</b> Hamburger OR <b>274</b> Toasted Cheese Sandwich <b>V</b> OR <b>228</b> Turkey Ham &amp; Cheese Sub</p> <p><b>621</b> Celery Sticks <b>541</b> Chocolate Hummus <b>658</b> Cherry Craisins</p>
<p><b>27</b></p> <p><b>268</b> French Bread Pizza <b>V</b> OR <b>208</b> Mini Corn Dogs</p> <p><b>623</b> Tater Tots <b>634</b> Ruby Rusher Vegetable Juice <b>695</b> Strawberry &amp; Mango Sidekick</p>	<p><b>28</b></p> <p><b>213</b> Chicken &amp; BBQ Sauce S'Wich  OR <b>271</b> Cheeseburger Calzone OR <b>233</b> Rotisserie Chicken &amp; Mozzarella on Brioche Bun</p> <p><b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>648</b> Strawberry Gel Cup</p>	<p><b>29</b></p> <p><b>282</b> BBQ Popcorn Chicken w. Mashed Sweet Potato OR <b>284</b> Chicken Alfredo, Penne &amp; Broccoli</p> <p><b>630</b> Dragon Punch Vegetable Juice <b>657</b> Strawberry Craisins</p> <p></p>	<p><b>30</b></p> <p><b>255</b> PizzaBoli <b>V</b> OR <b>203</b> Mini Pepperoni Calzone OR <b>242</b> Chicken Turkey Ham &amp; Cheese Wedge Sandwich</p> <p><b>708</b> Spinach &amp; Romaine Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>932</b> Cinnamon Scooby Snacks</p>	<p><b>31</b></p> <p><b>216</b> Spicy Beef &amp; Cheese Taco Stick OR <b>218</b> Mozzarella Pinwheel <b>V</b> OR <b>238</b> Chicken Turkey Pepperoni &amp; Cheese Croissant</p> <p><b>620</b> Salsa <b>631</b> Cherry Star Vegetable Juice <b>697</b> Bagged Apple Slices <b>941</b> Tostitos Scoops</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.



# JANUARY 2025

Dear Parents, Caregivers, & Students,

Happy New Year! As we say goodbye to 2024, NDS wants to take a moment to thank you for being a part of our journey. This past year was full of memorable moments, and we couldn't have done it without your support, energy, and enthusiasm! The new year allows for a fresh start, new adventures, and exciting opportunities. May 2025 bring you and your families happiness, good health, and unforgettable memories!

## New Year Goals!

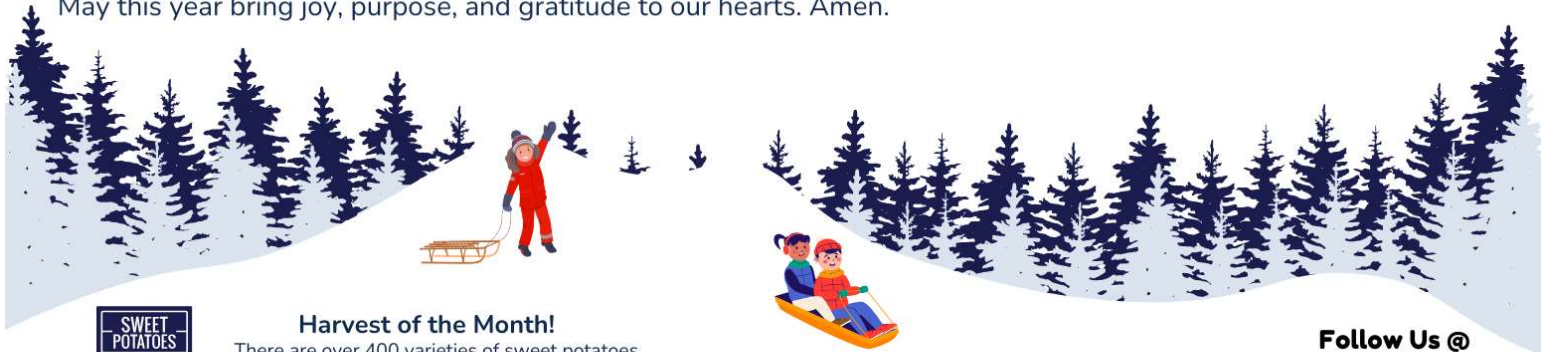
It's a brand new year, which means a fresh start with exciting goals and dreams! We know you're going to do some amazing things in 2025, so we thought we'd share some fun goals to inspire you:

1. Stay Active and Move More! Whether it's running, jumping, playing sports, or dancing to your favorite music, try to move your body every day! Being active helps you feel strong, healthy, and full of energy!
2. Try New Healthy Foods! This year, why not try a new fruit or vegetable you've never tasted before? You might discover your new favorite food. Be sure to check your lunch menus to see what new fruits or vegetables you can try!
3. Be Kind and Help Others! Making someone smile can be the best part of your day! This year, set a goal to do something kind for others, whether it's helping a friend, saying something nice, or sharing with someone in need.
4. Read, Explore, and Learn! Did you know that your brain is like a muscle? The more you learn, the stronger it gets! When you try new things, solve problems, or read a book, your brain creates new connections and grows smarter. Challenge yourself to learn something new every day. Whether it's math, science, or a fun new hobby, your brain will thank you for it!

## A Prayer for the New Year

Thank You for the gift of a new year. We ask for Your guidance, strength, and peace as we step into this new chapter. Help us grow in love, patience, and kindness. Bless our health, our families, and our friends.

May this year bring joy, purpose, and gratitude to our hearts. Amen.



SWEET POTATOES

### Harvest of the Month!

There are over 400 varieties of sweet potatoes, ranging in color from orange and purple to white and even yellow. One of the most nutritious vegetables, sweet potatoes are high in vitamins A and C, potassium, antioxidants, fiber, and complex carbohydrates.



Follow Us @

