



HIGH SCHOOL COLD LUNCH MENU

December 2024

"Cheer on your team and eat GREEN!"- Bella P, 7th 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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>236 Turkey & Two Cheese Wedge Sandwich</p> <p>631 Cherry Star Vegetable Juice</p> <p>541 Chocolate Hummus</p> <p>670 Fresh Fruit</p> <p>445 Mott's Fruit Punch Juice</p> <p>927 Cheddar Goldfish</p>	<p>3</p> <p>233 Rotisserie Chicken & Mozzarella on Brioche Bun</p>  <p>Giving Tuesday</p> <p>620 Salsa</p> <p>633 Sunset Sip Vegetable Juice</p> <p>697 Bagged Apple Slices</p> <p>446 Mott's Apple Juice</p> <p>941 Tostitos Scoops</p>	<p>4</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p> <p>632 Wango Mango Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>546 Cheesy Pizza Hummus</p> <p>657 Strawberry Craisins</p> <p>670 Fresh Fruit</p>  <p>National Cookie Day</p>	<p>5</p> <p>229 Turkey Ham & Cheese Croissant</p>  <p>International Volunteer Day</p> <p>621 Celery</p> <p>706 Romaine Salad w. Cherry Tomatoes</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>446 Mott's Apple Juice</p> <p>931 Cinnamon Bug Bites</p>	<p>6</p> <p>228 Turkey Ham & Cheese Sub</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>541 Chocolate Brownie Hummus</p> <p>648 Dole Strawberry Gel Cup</p> <p>670 Fresh Fruit</p> <p>929 Chocolate Tiger Bites</p>
<p>9</p> <p>232 Buffalo Chicken Breast & Cheddar on Broche Bun</p> <p>620 Salsa</p> <p>630 Dragon Punch Vegetable Juice</p> <p>445 Mott's Fruit Punch Juice</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>10</p> <p>261 Soy Butter & Jelly Sandwich V</p> <p>602 PA Dutch Potato Salad</p> <p>633 Sunset Sip Vegetable Juice</p> <p>657 Strawberry Craisins</p> <p>670 Fresh Fruit</p> <p>988 Cinnamon Graham Crackers</p>  <p>National Pastry Day</p>	<p>11</p> <p>238 Chicken Turkey Pepperoni & Cheese Croissant</p> <p>631 Cherry Star Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p>	<p>12</p> <p>404 Italian Combo Wrap</p>  <p>Gingerbread House Day</p> <p>632 Wango Mango Vegetable Juice</p> <p>708 Spinach & Romaine Salad w/ Chickpeas</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>445 Mott's Fruit Punch Juice</p> <p>928 Pretzel Goldfish</p>	<p>13</p> <p>227 Turkey Ham, Turkey Pepp & Cheese Sub</p> <p>621 Celery</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>644 Dole Pear Cup</p> <p>670 Fresh Fruit</p> <p>936 Vanilla Bear Grahams</p>
<p>16</p> <p>236 Turkey & Two Cheese Wedge</p> <p>633 Sunset Sip Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>608 Dole Tropical Fruit Cup</p> <p>670 Fresh Fruit</p>	<p>17</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>601 Homestyle Potato Salad</p> <p>630 Dragon Punch Vegetable Juice</p> <p>445 Mott's Fruit Punch Juice</p> <p>670 Fresh Fruit</p>	<p>18</p> <p>233 Rotisserie Chicken & Mozzarella on Brioche Bun</p> <p>620 Salsa</p> <p>631 Cherry Star Vegetable Juice</p> <p>659 Watermelon Craisins</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>19</p> <p>228 Turkey Ham & Cheese Sub</p> <p>708 Spinach & Romaine Salad w/ Chickpeas</p> <p>621 Celery</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>689 Strawberry Applesauce</p>	<p>20</p> <p>261 Soy Butter & Jelly Sandwich V</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>541 Chocolate Brownie Hummus</p> <p>446 Mott's Apple Juice</p> <p>658 Cherry Craisins</p> <p>933 Holiday Cookie</p>
<p>23</p>	<p>24</p> 	<p>25</p> 	<p>26</p> 	<p>27</p>
<p>30</p> 	<p>31</p> 	<p>1</p> 	<p>2</p> 	<p>3</p> 
<p>6</p> <p>237 Italian Sandwich</p> <p>620 Salsa</p> <p>630 Dragon Punch Vegetable Juice</p> <p>658 Cherry Craisins</p> <p>445 Mott's Fruit Punch Juice</p> <p>941 Tostitos Scoops</p>	<p>7</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>622 Marinara Cup</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>446 Mott's Apple Juice</p> <p>649 Orange Gel Cup</p> <p>927 Cheddar Goldfish</p>	<p>8</p> <p>236 Turkey & Two Cheese Wedge</p> <p>632 Wango Mango Vegetable Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>609 Dole Mixed Fruit Cup</p> <p>447 Mott's Apple White Grape Juice</p>	<p>9</p> <p>261 Soy Butter & Jelly Sandwich</p> <p>708 Spinach & Romaine Salad w/ Chickpeas</p> <p>633 Sunset Sip Vegetable Juice</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>688 Orange Mango Applesauce</p> <p>932 Cinnamon Scooby Snack</p>	<p>10</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese Sub</p> <p>601 Homestyle Potato Salad</p> <p>631 Cherry Star Vegetable Juice</p> <p>670 Fresh Fruit</p> <p>608 Dole Tropical Fruit Cup</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.

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





December



Dear Parents, Caregivers, & Students,

As the holiday season approaches, NDS would like to take a moment to express our heartfelt gratitude for your support and partnership throughout the year. This time of year is all about connection, gratitude, and sharing, and NDS is thankful for the opportunity to provide students with nutritious meals.

We encourage you to celebrate the season by involving your children in meal planning and preparation, fostering a love for healthy foods.

NDS wishes you and your family a joyful holiday filled with warmth, laughter, and delicious meals. Thank you for another wonderful year!



December is Pear Month! It's a great time to enjoy this delicious fruit in various ways—whether fresh, in desserts, or cooked in savory dishes. Pears are versatile and add a lovely sweetness to winter recipes. Pears come in various varieties, each with its own unique flavor and texture. Some popular types include Bartlett, Bosc, and Anjou.



Candy Canes

In the late 17th century, a choirmaster in Germany wanted to create a treat for children during the Christmas season. To represent the shepherds who visited the baby Jesus, he designed a hard candy in the shape of a shepherd's crook, which is why it resembles a cane. Over time, the candy cane became a popular holiday treat, spreading across Europe and eventually to America, where it remains a beloved Christmas symbol. Today, candy canes are often used for decorations and are enjoyed by families during the holiday season.

Prayer Corner

As we gather together in this season of joy and hope, we Thank You. Bless our school community—students, teachers, staff, and families. Help us to share kindness and compassion with one another, especially during this holy season. We pray for peace in our hearts and in our world. May the spirit of Christmas inspire us to serve others and spread joy. Thank You for Your many blessings. We ask for Your continued guidance and protection in the coming year.



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NDS School Lunch Program

