


High School Cold 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>13</p> <p>404 Italian Combo Wrap</p> <p>630 Dragon Punch Vegetable Juice</p> <p>601 Homestyle Potato Salad</p> <p>684 Strawberry Banana Applesauce</p> <p>670 Fresh Fruit</p> <p>932 Cinnamon Scooby Snacks</p>	<p>14</p> <p>242 Chicken Turkey Ham & Cheese Wedge Sandwich</p> <p>620 Salsa</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>445 Mott's Fruit Punch</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>15</p> <p>227 Turkey Ham, Turkey Pepperoni & Cheese</p>  <p>611 Bagged Baby Carrots</p> <p>633 Sunset Sip Vegetable Juice</p> <p>541 Chocolate Hummus</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p> <p>928 Pretzel Goldfish</p>	<p>16</p> <p>229 Turkey Ham & Cheese Croissant</p> <p>631 Cherry Star Vegetable Juice</p> <p>621 Celery</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>658 Cherry Craisins</p> <p>931 Cinnamon Bug Bites</p>	<p>17</p> <p>232 Buffalo Chicken & Cheddar on Brioche Bun</p> <p>708 Spinach & Romaine Salad w. Chickpeas</p> <p>632 Wango Mango Vegetable Juice</p> <p>670 Fresh Fruit</p> <p>447 Mott's Apple White Grape Juice</p>
<p>20</p> 	<p>21</p> <p>232 Buffalo Chicken & Cheddar On Brioche Bun</p> <p>620 Salsa</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>688 Orange Mango Applesauce</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>22</p> <p>236 Turkey & Two Cheese Wedge</p> <p>601 Homestyle Potato Salad</p> <p>630 Dragon Punch Vegetable Juice</p> <p>697 Sliced Apples</p> <p>447 Mott's Apple White Grape Juice</p> 	<p>23</p> <p>237 Italian Sandwich</p> <p>611 Bagged Baby Carrots</p> <p>631 Cherry Star Vegetable Juice</p> <p>543 Red Pepper Hummus</p> <p>658 Cherry Craisins</p> <p>670 Fresh Fruit</p> 	<p>24</p> <p>228 Turkey Ham & Cheese Sub</p> <p>621 Celery Sticks</p> <p>632 Wango Mango Vegetable Juice</p> <p>541 Chocolate Hummus</p> <p>658 Cherry Craisins</p> <p>446 Mott's Apple Juice</p>
<p>27</p> <p>404 Italian Combo Wrap</p> <p>620 Salsa</p> <p>634 Ruby Rusher Vegetable Juice</p> <p>688 Orange Mango Applesauce</p> <p>670 Fresh Fruit</p> <p>941 Tostitos Scoops</p>	<p>28</p> <p>233 Rotisserie Chicken Mozzarella on Brioche</p> <p>611 Bagged Baby Carrots</p> <p>632 Wango Mango Vegetable Juice</p> <p>543 Red Pepper Hummus</p> <p>649 Orange Gel Cup</p> <p>670 Fresh Fruit</p>	<p>29</p> <p>228 Turkey Ham & Cheese Sub</p> <p>630 Dragon Punch Vegetable Juice</p> <p>602 Dutch Potato Salad</p> <p>657 Strawberry Craisins</p> <p>445 Mott's Fruit Punch</p> <p>990 Chocolate Chip Cookie</p> <p>Chinese New Year & Lunar New Year</p> 	<p>30</p> <p>242 Chicken Turkey Ham & Cheese Wedge Sandwich</p> <p>708 Spinach & Romaine Salad w. Chickpeas</p> <p>633 Sunset Sip Vegetable Juice</p> <p>697 Sliced Apples</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>932 Cinnamon Scooby Snacks</p>	<p>31</p> <p>238 Chicken Turkey Pepperoni Cheese Croissant</p> <p>621 Celery Sticks</p> <p>631 Cherry Star Vegetable Juice</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p>

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!

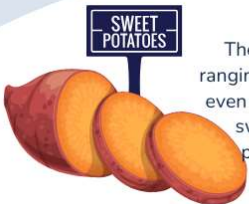
A Prayer for the New Year

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.

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.



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