










# Elementary School Hot Lunch Menu

## May 2025

"Step up your game with more vegetables!" - Cain L. 5th Grade @ Nazareth Academy

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>5</b> <b>206</b> Fresh Toast w. Sausage OR <b>205</b> Popcorn Chicken  <b>702</b> Potato Smiles <b>658</b> Cherry Craisins	<b>6</b> <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns & <b>623</b> Tater Tots OR <b>288</b> Mac & Cheese w. Broccoli <b>V</b>  <b>634</b> Ruby Rusher Veggie Juice <b>684</b> Strawberry Banana Applesauce 	<b>7</b> <b>255</b> Pizzaboi <b>V</b> OR <b>256</b> Cheese Stuffed Breadstick <b>V</b>  <b>622</b> Marinara Sauce <b>632</b> Wango Mango Veggie Juice <b>670</b> Fresh Fruit	<b>8</b> <b>218</b> Mozzarella Pinwheel <b>V</b> OR <b>207</b> Cheese Ravioli <b>V</b> & <b>909</b> Dinner Rolls OR <b>237</b> Italian Sandwich  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR  <b>682</b> Bananas <b>Superman Day</b>	<b>9</b> <b>203</b> Mini Pepperoni Calzone OR <b>263</b> 5" Round Cheese Pizza <b>V</b> OR <b>236</b> Turkey & Two Cheese Wedge  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>749</b> Apple Cherry Juice <b>932</b> Cinnamon Scooby Snacks
<b>12</b> <b>212</b> Taco Triangles OR <b>219</b> Turkey Pepperoni Pinwheel  <b>611</b> Bagged Baby Carrots <b>546</b> Chesy Pizza Hummus <b>670</b> Fresh Fruit	<b>13</b> <b>205</b> Popcorn Chicken OR <b>270</b> Pepperoni Calzone  <b>702</b> Potato Smiles <b>670</b> Fresh Fruit	<b>14</b> <b>283</b> Chicken Tenders & Corn OR <b>268</b> French Bread Cheese Pizza <b>V</b> OR <b>404</b> Italian Combo Wrap  <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>749</b> Apple Cherry Juice <b>929</b> Chocolate Tiger Bites	<b>15</b> <b>272</b> Buffalo Chicken Calzone OR <b>204</b> Chicken Nuggets & <b>928</b> Pretzel Goldfish OR <b>242</b> Chicken Turkey Ham & Cheese edge  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas	<b>16</b> <b>218</b> Mozzarella Pinwheel <b>V</b> OR <b>201</b> Cheeseburger  <b>623</b> Tater Tots <b>632</b> Wango Mango Veggie Juice <b>657</b> Strawberry Craisins
<b>19</b> <b>215</b> Beef & Cheese Taco Stick OR <b>222</b> Sloppy Joe & <b>915</b> Hamburger Buns OR <b>238</b> Chicken Turkey Pepperoni & Cheese Croissant <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>752</b> Fruit Punch Juice <b>941</b> Tostitos Scoops	<b>20</b> <b>205</b> Popcorn Chicken & <b>928</b> Pretzel Goldfish OR <b>208</b> Mini Corn Dogs  <b>623</b> Tater Tots <b>633</b> Sunset Sip Veggie Juice <b>686</b> Rosati "Hero" Water Ice	<b>21</b> <b>283</b> Chicken Tenders & Corn OR <b>280</b> Beef Burger w/ Green Beans & <b>915</b> Hamburger Buns  <b>630</b> Dragon Punch Veggie Juice <b>670</b> Fresh Fruit	<b>22</b> <b>209</b> Taco Meat OR <b>207</b> Cheese Ravioli <b>V</b> OR <b>261</b> Soy Butter & Jelly Sandwich <b>V</b>  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>909</b> Dinner Rolls	<b>23</b> <b>225</b> Ciabatta Cheese Melt <b>V</b> OR <b>264</b> 4x6 Cheese Pizza <b>V</b> OR <b>227</b> Turkey Ham, Turkey Pepperoni & Cheese  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit  <b>World Turtle Day</b>
<b>26</b>  <b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>257</b> Mozzarella Sticks <b>V</b>  <b>622</b> Marinara Sauce <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>World Hunger Day</b> 	<b>27</b> <b>205</b> Popcorn Chicken & <b>931</b> Cinnamon Bug Bites OR <b>212</b> Taco Triangles  <b>702</b> Potato Smiles <b>697</b> Bagged Sliced Apples	<b>28</b> <b>269</b> Cheese Pizza Calzone <b>V</b> OR <b>226</b> Philly Cheesesteak Pinwheel OR <b>237</b> Italian Sandwich  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit	<b>29</b> <b>200</b> Hamburger OR <b>201</b> Cheeseburger  <b>632</b> Wango Mango Veggie Juice <b>541</b> Chocolate Hummus <b>657</b> Strawberry Craisins <b>931</b> Cinnamon Bug Bites	<b>30</b>

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.





# May

## 2025

### Dear Parents, Caregivers, & Students,

As we embrace the season of renewal and fresh beginnings, we want to take a moment to express our heartfelt gratitude to all the families, administration, and lunch managers who help the NDS Lunch & Breakfast Programs thrive. Every meal served is crafted with care, and it's because of your continued support that we are able to nourish and bring joy to our community each day.

This spring, we're sending you a bouquet of appreciation, filled with gratitude and warmth. Your involvement is what makes the program so special, and we truly value the role you play in making it all come together. Thank you for being such a vital part of our success!

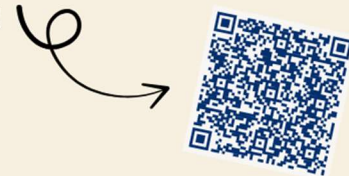
### Asparagus

Asparagus is the only vegetable that knows how to spearhead a healthy meal! This month, we're focusing on the power of the mighty stalk—packed with nutrients and ready to fuel your day! Asparagus is full of vitamins and minerals like vitamin K, which helps keep your bones strong, and folate, which gives you the energy to play all day!



### Free Summer Meals

This summer, NDS is teaming up with community partners across Philadelphia and the surrounding counties to provide FREE meals to children 18 and under. From June 16th to August 22nd, NDS will be offering both breakfast and lunch. Meals are delivered directly to each site and are ready to be served! If you're interested in becoming a site or would like to learn more, please contact NDS at 215-895-3470, option 1, or scan the code!



### School Lunch Hero

May 2nd is National School Lunch Hero Day! This special day honors the hard-working men and women who serve our students delicious, healthy meals every day. They are the unsung heroes in our school, ensuring that each child receives the nourishment they need to succeed in the classroom. NDS wants to take a moment to express our heartfelt gratitude to the incredible staff who make our lunch program possible. Their dedication and care are truly appreciated!

Lord, we remember the women who have shown us love and care, especially our mothers and grandmothers. Please bless them and surround them with Your love and kindness.

Amen

