












# High School Cold 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>404 Italian Combo Wrap</b>  <b>620 Salsa</b> <b>631 Cherry Star Veggie Juice</b> <b>658 Cherry Craisins</b> <b>670 Fresh Fruit</b> <b>941 Tostitos Scoops</b>	<b>6</b> <b>228 Turkey Ham &amp; Cheese Sub</b>  <b>634 Ruby Rusher Veggie Juice</b> <b>601 Homestyle Potato Salad</b> <b>684 Strawberry Banana Applesauce</b> <b>670 Fresh Fruit</b> 	<b>7</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b>  <b>611 Bagged Baby Carrots</b> <b>632 Wango Mango Veggie Juice</b> <b>543 Red Pepper Hummus</b> <b>650 Strawberry Banana Smoothie Bowl</b> <b>670 Fresh Fruit</b>	<b>8</b> <b>237 Italian Sandwich</b>  <b>708 Spinach &amp; Romaine Salad w. Chickpeas</b> <b>630 Dragon Punch Veggie Juice</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b> <b>445 Mott's Fruit Punch Juice</b> 	<b>9</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>611 Bagged Baby Carrots</b> <b>632 Wango Mango Veggie Juice</b> <b>689 Strawberry Applesauce</b> <b>446 Mott's Apple Juice</b> <b>990 Chocolate Chip Cookie</b>
<b>12</b> <b>238 Chicken Turkey Pepperoni Cheese Croissant</b>  <b>601 Homestyle Potato Salad</b> <b>634 Ruby Rusher Veggie Juice</b> <b>670 Fresh Fruit</b> <b>684 Strawberry Banana Applesauce</b> 	<b>13</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>620 Salsa</b> <b>631 Cherry Star Veggie Juice</b> <b>689 Strawberry Applesauce</b> <b>670 Fresh Fruit</b> <b>941 Tostitos Scoops</b> 	<b>14</b> <b>404 Italian Combo Wrap</b>  <b>611 Baby Carrots</b> <b>631 Cherry Star Veggie Juice</b> <b>541 Chocolate Hummus</b> <b>694 Strawberry Kiwi Sidekick</b> <b>670 Fresh Fruit</b> <b>929 Chocolate Tiger Bites</b>	<b>15</b> <b>242 Chicken Turkey Ham &amp; Cheese Wedge</b>  <b>708 Spinach w. Chickpeas</b> <b>633 Sunset Sip Veggie Juice</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b> <b>446 Mott's Apple Juice</b>	<b>16</b> <b>261 Soy Butter &amp; Jelly Sandwich</b>  <b>621 Celery Sticks</b> <b>632 Wango Mango Veggie Juice</b> <b>657 Strawberry Craisins</b> <b>670 Fresh Fruit</b> <b>932 Cinnamon Scooby Snacks</b> 
<b>19</b> <b>238 Chicken Turkey Pepperoni Cheese Croissant</b>  <b>631 Cherry Star Veggie Juice</b> <b>601 Homestyle Potato Salad</b> <b>670 Fresh Fruit</b> <b>446 Mott's Apple Juice</b>	<b>20</b> <b>242 Chicken Turkey Ham &amp; Cheese Wedge</b>  <b>620 Salsa</b> <b>633 Sunset Sip Veggie Juice</b> <b>445 Mott's Fruit Punch Juice</b> <b>670 Fresh Fruit</b> <b>941 Tostitos Scoops</b> 	<b>21</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b>  <b>630 Dragon Punch Veggie Juice</b> <b>611 Bagged Baby Carrots</b> <b>541 Chocolate Hummus</b> <b>648 Strawberry Gel Cup</b> <b>670 Fresh Fruit</b>	<b>22</b> <b>261 Soy Butter &amp; Jelly Sandwich V</b>  <b>708 Spinach w. Chickpeas</b> <b>634 Ruby Rusher Veggie Juice</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b> <b>658 Cherry Craisins</b> <b>931 Cinnamon Bug Bites</b>	<b>23</b> <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese</b>  <b>632 Wango Mango Veggie Juice</b> <b>621 Celery Sticks</b> <b>447 Mott's Apple White Grape Juice</b> <b>670 Fresh Fruit</b> 
<b>26</b> 	<b>27</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>630 Dragon Punch Veggie Juice</b> <b>620 Salsa</b> <b>670 Fresh Fruit</b> <b>688 Orange Mango Applesauce</b> <b>993 Holiday Cookie</b> 	<b>28</b> <b>232 Buffalo Chicken &amp; Cheddar on Brioche Bun</b>  <b>611 Bagged Baby Carrots</b> <b>631 Cherry Star Veggie Juice</b> <b>543 Red Pepper Hummus</b> <b>697 Sliced Apples</b> <b>447 Mott's Apple White Grape Juice</b>	<b>29</b> <b>237 Italian Sandwich</b>  <b>621 Celery Sticks</b> <b>631 Cherry Star Veggie Juice</b> <b>541 Chocolate Hummus</b> <b>670 Fresh Fruit OR</b> <b>658 Cherry Craisins</b>	<b>30</b> <b>228 Turkey Ham &amp; Cheese Sub</b>  <b>633 Sunset Sip Veggie Juice</b> <b>611 Bagged Baby Carrots</b> <b>446 Mott's Apple juice</b> <b>670 Fresh Fruit</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.

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



# 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

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