










# High 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>631</b> Cherry Star Veggie Juice <b>658</b> Cherry Craisins <b>670</b> Fresh Fruit <b>932</b> Cinnamon Scooby Snacks	<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>909</b> Dinner Rolls  <b>634</b> Ruby Rusher Veggie Juice <b>684</b> Strawberry Banana Applesauce <b>670</b> Fresh Fruit 	<b>7</b> <b>255</b> Pizzaboli <b>V</b> OR <b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>622</b> Marinara Sauce <b>632</b> Wango Mango Veggie Juice <b>694</b> Strawberry Kiwi Sidekick <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>630</b> Dragon Punch Veggie Juice <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape Juice	<b>9</b> <b>203</b> Mini Pepperoni <b>V</b> 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>632</b> Wango Mango Veggie Juice <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit <b>657</b> Strawberry Craisins <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>634</b> Ruby Rusher Veggie Juice <b>684</b> Strawberry Banana Applesauce <b>670</b> Fresh Fruit	<b>13</b> <b>205</b> Popcorn Chicken & <b>932</b> Cinnamon Scooby Snacks OR <b>270</b> Pepperoni Calzone OR <b>263</b> 5" Round Cheese Pizza <b>V</b>   <b>702</b> Potato Smiles <b>630</b> Dragon Punch Veggie Juice <b>694</b> Strawberry Kiwi Sidekick <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>  <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>447</b> Mott's Apple White Grape Juice <b>670</b> Fresh Fruit <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 Wedge  <b>708</b> Spinach Salad w. Chickpeas <b>633</b> Sunset Sip Veggie Juice <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>446</b> Mott's Apple Juice	<b>16</b> <b>218</b> Mozzarella Pinwheel <b>V</b> OR <b>264</b> 4x6 Cheese Pizza <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>670</b> Fresh Fruit <b>941</b> Tostitos Scoops
<b>19</b> <b>215</b> Beef & Cheese Taco Stick OR <b>222</b> Sloppy Joe & <b>915</b> Hamburger Buns OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>447</b> Mott's Apple White Grape Juice <b>670</b> Fresh Fruit <b>944</b> Tostitos Top N' Go	<b>20</b> <b>205</b> Popcorn Chicken & <b>928</b> Pretzel Goldfish OR <b>208</b> Mini Corn Dogs OR <b>268</b> French Bread Cheese Pizza <b>V</b>   <b>623</b> Tater Tots <b>633</b> Sunset Sip Veggie Juice <b>445</b> Mott's Fruit Punch Juice <b>686</b> Rosati "Hero" Water Ice	<b>21</b> <b>283</b> Chicken Tenders & Corn & <b>931</b> Cinnamon Bug Bites 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>684</b> Strawberry Banana Applesauce	<b>22</b> <b>209</b> Taco Meat & <b>915</b> Hamburger Buns OR <b>207</b> Cheese Ravioli <b>V</b> & <b>909</b> Dinner Rolls OR <b>263</b> 5" Round Cheese Pizza <b>V</b> <b>708</b> Spinach Salad w. Chickpeas <b>632</b> Wango Mango Veggie Juice <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>658</b> Cherry Craisins	<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>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice 
<b>26</b> 	<b>27</b> <b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>257</b> Mozzarella Sticks <b>V</b> OR <b>263</b> 5" Round Cheese Pizza <b>V</b>   <b>622</b> Marinara Sauce <b>634</b> Ruby Rusher Veggie Juice <b>445</b> Mott's Fruit Punch Juice <b>670</b> Fresh Fruit	<b>28</b> <b>205</b> Popcorn Chicken & <b>931</b> Cinnamon Bug Bites OR <b>212</b> Taco Triangles OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>702</b> Potato Smiles <b>631</b> Cherry Star Veggie Juice <b>697</b> Bagged Sliced Apples <b>447</b> Mott's Apple White Grape Juice	<b>29</b> <b>269</b> Cheese Pizza Calzone <b>V</b> OR <b>226</b> Philly Cheesesteak Pinwheel OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>633</b> Sunset Sip Veggie Juice <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit <b>658</b> Cherry Craisin	<b>30</b> <b>200</b> Hamburger OR <b>201</b> Cheeseburger OR <b>263</b> 5" Round Cheese Pizza <b>V</b>  <b>603</b> Baked Beans <b>632</b> Wango Mango Veggie Juice <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice

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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