











Middle 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
5 206 Fresh Toast w. Sausage OR 205 Popcorn Chicken 702 Potato Smiles 658 Cherry Craisins 670 Fresh Fruit	6 220 Hot Dog & 906 Hot Dog Buns & 623 Tater Tots OR 288 Mac & Cheese w. Broccoli V 634 Ruby Rusher Veggie Juice  684 Strawberry Banana Applesauce 670 Fresh Fruit	7 255 Pizzaboli V OR 256 Cheese Stuffed Breadsticks V OR 268 French Bread Cheese Pizza V 622 Marinara Sauce 632 Wango Mango Veggie Juice 694 Strawberry Kiwi Sidekick 670 Fresh Fruit	8 218 Mozzarella Pinwheel V OR 207 Cheese Ravioli V & 909 Dinner Rolls OR 237 Italian Sandwich  708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice	9 203 Mini Pepperoni V Calzone OR 263 5" Round Cheese Pizza V OR 236 Turkey & Two Cheese Wedge 611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit 657 Strawberry Craisins 932 Cinnamon Scooby Snacks
12 212 Taco Triangles OR 219 Turkey Pepperoni Pinwheel  611 Bagged Baby Carrots 634 Ruby Rusher Veggie Juice 684 Strawberry Banana Applesauce 670 Fresh Fruit 928 Pretzel Goldfish	13 205 Popcorn Chicken & 932 Cinnamon Scooby Snacks OR 270 Pepperoni Calzone OR 263 5" Round Cheese Pizza V  702 Potato Smiles 694 Strawberry Kiwi Sidekick 670 Fresh Fruit	14 283 Chicken Tenders & Corn OR 268 French Bread Cheese Pizza V 611 Bagged Baby Carrots 541 Chocolate Hummus 447 Mott's Apple White Grape Juice 670 Fresh Fruit 929 Chocolate Tiger Bites	15 272 Buffalo Chicken Calzone OR 204 Chicken Nuggets & 928 Pretzel Goldfish OR 242 Chicken Turkey Ham & Cheese Wedge 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice	16 218 Mozzarella Pinwheel V OR 264 4x6 Cheese Pizza V OR 201 Cheeseburger  623 Tater Tots 632 Wango Mango Veggie Juice 657 Strawberry Craisins 670 Fresh Fruit
19 215 Beef & Cheese Taco Stick OR 222 Sloppy Joe & 915 Hamburger Buns OR 264 4x6 Cheese Pizza V 620 Salsa 631 Cherry Star Veggie Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit 944 Tostitos Top N' Go	20 205 Popcorn Chicken & 928 Pretzel Goldfish OR 208 Mini Corn Dogs OR 268 French Bread Cheese Pizza V  623 Tater Tots 633 Sunset Sip Veggie Juice 445 Mott's Fruit Punch Juice 686 Rosati "Hero" Water Ice	21 283 Chicken Tenders & Corn & 931 Cinnamon Bug Bites OR 280 Beef Burger w/ Green Beans & 915 Hamburger Buns 630 Dragon Punch Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce	22 209 Taco Meat & 915 Hamburger Buns OR 207 Cheese Ravioli V & 909 Dinner Rolls OR 263 5" Round Cheese Pizza V 708 Spinach Salad w. Chickpeas 632 Wango Mango Veggie Juice 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins	23 225 Ciabatta Cheese Melt V OR 264 4x6 Cheese Pizza V OR 227 Turkey Ham, Turkey Pepperoni & Cheese 611 Bagged Baby Carrots 543 Red Pepper Hummus 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice  World Turtle Day
26  256 Cheese Stuffed Breadsticks V OR 257 Mozzarella Sticks V OR 263 5" Round Cheese Pizza V  622 Marinara Sauce 634 Ruby Rusher Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit	27 256 Cheese Stuffed Breadsticks V OR 257 Mozzarella Sticks V OR 263 5" Round Cheese Pizza V  622 Marinara Sauce 634 Ruby Rusher Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit	28 205 Popcorn Chicken & 931 Cinnamon Bug Bites OR 212 Taco Triangles OR 264 4x6 Cheese Pizza V 702 Potato Smiles 631 Cherry Star Veggie Juice 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	29 269 Cheese Pizza Calzone V OR 226 Philly Cheesesteak Pinwheel OR 268 French Bread Cheese Pizza V 633 Sunset Sip Veggie Juice 611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit 658 Cherry Craisin	30 200 Hamburger OR 201 Cheeseburger OR 263 5" Round Cheese Pizza V 603 Baked Beans 632 Wango Mango Veggie Juice 670 Fresh Fruit 446 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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