

# High School Cold Lunch Menu

## September 2025

"Eating good food helps you think and do your best." - Emma C. 1<sup>st</sup> Grade @ Roxborough Christian School

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>1</b>  <b>HAPPY LABOR DAY</b>	<b>2</b> <b>251 Grilled Cheese V</b> 620 Salsa Cup 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	<b>3</b> <b>228 Turkey Ham &amp; Cheese Sub</b> 621 Celery Sticks 630 Dragon Punch Veggie Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit	<b>4</b> <b>229 Turkey Ham &amp; Cheese Croissant</b> 611 Bagged Baby Carrots 634 Ruby Rusher Veggie Juice 541 Chocolate Hummus 670 Fresh Fruit OR 682 Bananas 689 Strawberry Applesauce	<b>5</b> <b>404 Italian Combo Wrap</b>  708 Spinach Salad w. Chickpeas 632 Wango Mango Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice
<b>8</b> <b>236 Turkey &amp; Two Cheese Wedge</b> 630 Dragon Punch Veggie Juice 620 Salsa Cup 648 Strawberry Gel Cup 670 Fresh Fruit	<b>9</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b> 611 Bagged Baby Carrots 543 Red Pepper Hummus 632 Wango Mango Veggie Juice 657 Strawberry Craisins 445 Mott's Fruit Punch Juice	<b>10</b> <b>237 Italian Sandwich</b> 621 Celery Sticks 631 Cherry Star Veggie Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit	<b>11</b> <b>242 Chicken Turkey Ham &amp; Cheese Wedge</b> 706 Spinach Salad w. Tomatoes 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 684 Strawberry Applesauce 990 Chocolate Chip Cookie	<b>12</b> <b>233 Rotisserie Chicken &amp; Mozzarella On Brioche Bun</b> 601 Homestyle Potato Salad 632 Wango Mango Veggie Juice 546 Cheesy Pizza Hummus 685 Rosati "School S'cool" Water Ice 670 Fresh Fruit 928 Pretzel Goldfish
<b>15</b> <b>237 Italian Sandwich</b> 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 631 Cherry Star Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 	<b>16</b> <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese</b> 602 PA Dutch Potato Salad 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce	<b>17</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b> 621 Celery Sticks 630 Dragon Punch Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice	<b>18</b> <b>236 Turkey &amp; Two Cheese Wedge</b> 708 Spinach Salad w. Chickpeas 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice 932 Cinnamon Scooby Snacks	<b>19</b> <b>238 Chicken Turkey Pepperoni &amp; Cheese Croissant</b> 620 Salsa Cup 631 Cherry Star Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins 941 Tostitos Scoops
<b>22</b> <b>251 Grilled Cheese V</b>  621 Celery Sticks 630 Dragon Punch Veggie Juice 543 Red Pepper Hummus 658 Cherry Craisins 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	<b>23</b> <b>228 Turkey Ham &amp; Cheese Sub</b> 631 Cherry Star Veggie Juice 611 Bagged Baby Carrots 541 Chocolate Hummus 670 Fresh Fruit 689 Strawberry Applesauce	<b>24</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b> 601 Homestyle Potato Salad 634 Ruby Rusher Veggie Juice 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	<b>25</b> <b>404 Italian Combo Wrap</b>  706 Spinach Salad w. Tomatoes 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 654 Raspberry Lemonade Craisins	<b>26</b> <b>229 Turkey Ham &amp; Cheese Croissant</b> 621 Celery Sticks 632 Wango Mango Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch 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.

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





# September



## 2025



$$y = (x-3)^2$$

### Dear Parents, Caregivers, & Students,

We hope your summer was filled with fun, rest, and unforgettable memories. As we kick off a brand-new school year, NDS is thrilled to welcome back all staff, students, and families!

A healthy mind starts with a healthy meal, so be sure to fuel your success with a nutritious start! Be sure to visit your lunchroom each morning for a nutritious and delicious breakfast that helps boost focus, energy, and learning. And don't forget to return at lunchtime for a well-balanced meal to keep you going strong throughout the day.

Whether it's whole grains, fresh fruits, or protein-packed options, NDS school meals are designed to support students' academic success and overall well-being!

Let's make this school year one to remember—full of learning, growth, and great memories. Here's to a strong and healthy start!

### Try It Tuesday Challenge!

Are you ready to be a food explorer? Every Tuesday, NDS encourages students to try something new on the menu. It could be something colorful, crunchy, or even a little surprising! So keep an open mind, be bold, be brave, and try something new on Tuesdays! If you tried something new let the lunch manager know because your feedback helps NDS plan fun and healthy meals.



### Peppers!

Peppers come in all sorts of colors—red, green, yellow, and even purple! They're crunchy, sweet or sometimes a little spicy, and packed with vitamin C to help keep you healthy. You can eat them raw, dip them in hummus, or add them to your favorite meals. Try a new color next time and see which one you like best!



### Healthy Habits Tip

Did you know your body is made up of mostly water? That's why staying hydrated is super important, especially when you're running, playing, or learning hard at school!

Water helps you:

- Stay focused in class
- Keep your body cool on hot days
- Boost your energy and mood
- Keep your skin and muscles healthy

How to make it a habit:

- Bring a reusable water bottle to school
- Take sips during the day, especially after recess or PE
- Choose water instead of sugary drinks

### Gratitude Corner

Thank you for this moment, this breath, this life. May we see the good, hold it close, and share it freely. Let gratitude light our way.

### Follow Us!



$$y = ax^2 + bx^2$$

