

High School Hot Lunch Menu

September 2025

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

$y = \frac{1}{2+x^2}$
 $x^2 + \frac{b}{a}x + \frac{c}{a}$

$aX^2 + bX + c$
 $S = a^2 - \sqrt{3}$

$\sqrt{-3}$

$4 = x^2$

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
1 	2 255 Pizzaboli V OR 215 Beef & Cheese Taco Stick 620 Salsa 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	3 257 Mozzarella Sticks V OR 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 630 Dragon Punch Veggie Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit	4 200 Hamburger OR 220 Hot Dog & 906 Hot Dog Bun 611 Bagged Baby Carrots 623 Tater Tots 541 Chocolate Hummus 670 Fresh Fruit OR 682 Bananas 689 Strawberry Applesauce	5 268 French Bread Cheese Pizza V OR 263 5'' Round Cheese Pizza V 708 Spinach Salad w. Chickpeas 632 Wango Mango Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice 
8 284 Chicken Alfredo, Penne and Broccoli OR 286 Penne w/Meat Sauce & Italian Vegetables 630 Dragon Punch Veggie Juice 648 Strawberry Gel Cup 670 Fresh Fruit 928 Pretzel Goldfish	9 208 Mini Corn Dogs OR 212 Taco Triangles 611 Bagged Baby Carrots 543 Red Pepper Hummus 632 Wango Mango Veggie Juice 657 Strawberry Craisins 445 Mott's Fruit Punch Juice	10 226 Philly Cheesesteak Pinwheel OR 205 Popcorn Chicken 623 Tater Tots 631 Cherry Star Veggie Juice 447 Mott's Apple White Grape Juice 670 Fresh Fruit 929 Chocolate Tiger Bites	11 264 4x6 Cheese Pizza V OR 221 Two Cheese, Chicken Quesadilla 706 Spinach Salad w. Tomatoes 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 684 Strawberry Applesauce 	12 203 Mini Pepperoni Calzone & 632 Wango Mango Veggie Juice OR 283 Chicken Tenders & Corn 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 685 Rosati "School S'cool" Water Ice 670 Fresh Fruit 928 Pretzel Goldfish
15 209 Taco Meat & 944 Tostitos Top N' Go OR 222 Sloppy Joe & 915 Hamburger Buns 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 631 Cherry Star Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 	16 269 Cheese Pizza Calzone V OR 219 Turkey Pepperoni Pinwheel 702 Potato Smiles 622 Marinara Cup 670 Fresh Fruit 684 Strawberry Banana Applesauce	17 218 Mozzarella Pinwheel V OR 216 Spicy Taco Stick 621 Celery Sticks 630 Dragon Punch Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice	18 204 Chicken Nuggets & 928 Pretzel Goldfish OR 201 Cheeseburger 708 Spinach Salad w. Chickpeas 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice	19 256 Cheese Stuffed Breadsticks V OR 268 French Bread Cheese Pizza V 622 Marinara Sauce 631 Cherry Star Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins
22 251 Grilled Cheese V OR 208 Mini Corn Dogs 621 Celery Sticks 630 Dragon Punch Veggie Juice 543 Red Pepper Hummus 658 Cherry Craisins 670 Fresh Fruit 	23 270 Pepperoni Calzone OR 200 Hamburger 631 Cherry Star Veggie Juice 611 Bagged Baby Carrots 541 Chocolate Hummus 670 Fresh Fruit 689 Strawberry Applesauce	24 220 Hot Dog & 906 Hot Dog Bun OR 206 Fresh Toast w. Sausage 702 Potato Smiles 634 Ruby Rusher Veggie Juice 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	25 263 5'' Round Cheese Pizza V OR 268 French Bread Cheese Pizza V 706 Spinach Salad w. Tomatoes 670 Fresh Fruit OR 682 Bananas 654 Raspberry Lemonade Craisins 	26 225 Ciabatta Cheese Melt Sandwich V OR 257 Mozzarella Sticks V 622 Marinara Cup 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.



$$x^2 + \frac{bx}{a}$$

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:

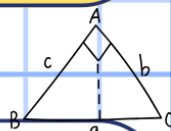
- Stay focused in class
- Keep your body cool on hot days
- Boost your energy and mood
- Keep your skin and muscles healthy

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!



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

