



Elementary School Cold Lunch Menu

October 2025

"Arrgh, Matey!" A healthy plate is a treasure." - Emily G. 2nd Grade @ St. Laurentius

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.

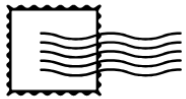
Monday	Tuesday	Wednesday	Thursday	Friday
29 236 Turkey & Two Cheese Wedge 621 Celery Sticks 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 932 Cinnamon Scooby Snacks	30 233 Rotisserie Chicken & Mozzarella on Brioch 602 PA Dutch Potato Salad 631 Cherry Star Veggie Juice 752 Fruit Punch Juice	1 237 Italian Sandwich 611 Bagged Baby Carrots 543 Red Pepper Hummus 659 Watermelon Craisins 928 Pretzel Goldfish	2 227 Turkey Ham, Turkey Pepperoni & Cheese 708 Spinach Salad w. Chickpeas 648 Strawberry Gel Cup  Yom Kippur	3 242 Chicken Turkey Ham & Cheese Wedge Sandwich 620 Salsa Cup 630 Dragon Punch Veggie Juice 670 Fresh Fruit 941 Tostitos Scoops
6 236 Turkey & Two Cheese Wedge 621 Celery Sticks 630 Dragon Punch Veggie Juice 684 Strawberry Banana Applesauce	7 238 Chicken Turkey Pepperoni & Cheese Croissant 611 Bagged Baby Carrots 541 Chocolate Hummus 749 Apple Cherry Juice	8 234 Turkey Ham & Two Cheese on Roll 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 941 Tostitos Scoops	9 404 Italian Combo Wrap 706 Spinach Salad w. Tomatoes 657 Strawberry Craisins	10 232 Buffalo Chicken & Cheddar On Brioche Bun 601 Homestyle Potato Salad 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 928 Pretzel Goldfish
13 242 Chicken Turkey Ham & Cheese Wedge Sandwich 601 Homestyle Potato Salad 634 Ruby Rusher Veggie Juice 658 Cherry Craisins 	14 251 Grilled Cheese 620 Salsa Cup 631 Cherry Star Veggie Juice 445 Fruit Punch Juice National School Lunch Week 	15 228 Turkey Ham & Cheese Sub 621 Celery Sticks 630 Dragon Punch Veggie Juice 654 Raspberry Lemonade Craisins	16 229 Turkey Ham & Cheese Croissant 611 Bagged Baby Carrots 541 Chocolate Hummus 750 Apple Juice	17 404 Italian Combo Wrap 708 Spinach Salad w. Chickpeas 670 Fresh Fruit National Cheese Pizza Day
20 236 Turkey & Two Cheese Wedge 630 Dragon Punch Veggie Juice 620 Salsa Cup 608 Tropical Fruit Cup	21 234 Turkey Ham & Two Cheese on Roll 611 Bagged Baby Carrots 543 Red Pepper Hummus 752 Fruit Punch Juice	22 237 Italian Sandwich 621 Celery Sticks 631 Cherry Star Veggie Juice 670 Fresh Fruit	23 242 Chicken Turkey Ham & Cheese Wedge 706 Spinach Salad w. Tomatoes 670 Fresh Fruit OR 682 Bananas 990 Chocolate Chip Cookie	24 233 Rotisserie Chicken & Mozzarella On Brioche Bun 601 Homestyle Potato Salad 546 Cheesy Pizza Hummus 685 Rosati "School S'cool" Water Ice 928 Pretzel Goldfish
27 237 Italian Sandwich 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 750 Apple Juice	28 227 Turkey Ham, Turkey Pepperoni & Cheese 602 PA Dutch Potato Salad 634 Ruby Rusher Veggie Juice 670 Fresh Fruit	29 234 Turkey Ham & Two Cheese on Roll 621 Celery Sticks 630 Dragon Punch Veggie Juice 670 Fresh Fruit	30 236 Turkey & Two Cheese Wedge 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 993 Holiday Cookie	31 238 Chicken Turkey Pepperoni & Cheese Croissant 620 Salsa Cup 631 Cherry Star Veggie Juice 659 Watermelon Craisins Halloween 

V= Vegetarian Options

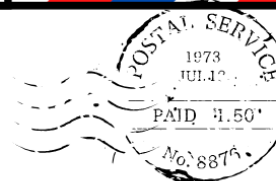
PLEASE READ CAREFULLY - Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children and will not trigger an allergic reaction OR related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's 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





OCTOBER 2025



Dear Parents, Caregivers, & Students

As the leaves turn, NDS is serving up warm, nutritious meals to keep students energized all month long. Thank you for your continued support in making healthy choices a part of every school day. NDS is excited to celebrate the season with comforting favorites and a few festive surprises!

Healthy Swaps

Hey explorers! Ready to fuel up for your next big adventure? Swap out sugary snacks for tasty treats from around the globe—like crunchy carrots from the USA, juicy mangoes from India, or sweet potato fries inspired by African cuisine. Sip on sparkling water with fruit like they do in Italy, and try banana “nice cream” for a tropical twist from the islands. Healthy swaps help you stay energized for every journey—whether you’re climbing mountains or just conquering the playground!

Fun Facts

Apples are 25% air and 75% water, which allows them to float above the water. This makes them perfect for bobbing for apples!

Pass the Plate!

Apples are a great source of fiber and vitamin C—perfect for a healthy snack! Take a look at how students around the world eat their apples!



Vietnamese Apple Rose Tart



Celebrating Rosh Hashanah



Greek Milopita Kia

Gratitude Corner

As part of our celebration of healthy meals and community spirit, students are invited to share what they’re thankful for! From your favorite foods to the friendly faces who serve lunch each day, this space is all about recognizing the people and moments that make lunchtime special.

