





# Elementary School Hot Lunch Menu

## October 2025

"Arrgh, Matey!" A healthy plate is a treasure." - Emily G. 2<sup>nd</sup> 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.

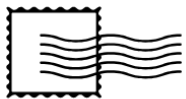
Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> <b>284</b> Chicken Alfredo, Penne and Broccoli OR <b>273</b> Swedish Meatballs, Noodles and Broccoli & <b>118</b> String Cheese  <b>634</b> Ruby Rusher Veggie Juice <b>752</b> Fruit Punch Juice <b>909</b> Dinner Rolls	<b>30</b> <b>280</b> Beef Burger w/ Green Beans & <b>915</b> Hamburger Buns OR <b>286</b> Penne w/ Meat Sauce & Italian Veggies & <b>909</b> Dinner Rolls  <b>631</b> Cherry Star Veggie Juice <b>670</b> Fresh Fruit	<b>1</b> <b>205</b> Popcorn Chicken OR <b>207</b> Cheese Ravioli <b>V</b>  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>659</b> Watermelon Craisins <b>928</b> Pretzel Goldfish	<b>2</b> <b>269</b> Cheese Pizza Calzone & <b>622</b> Marinara Cup OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>708</b> Spinach Salad w. Chickpeas <b>648</b> Strawberry Gel Cup  Yom Kippur	<b>3</b> <b>204</b> Chicken Nuggets & <b>932</b> Cinnamon Scooby Snacks OR <b>222</b> Sloppy Joes & <b>915</b> Wheat Hamburger Buns  <b>623</b> Tater Tots <b>630</b> Dragon Punch Veggie Juice <b>670</b> Fresh Fruit
<b>6</b> <b>212</b> Taco Triangles OR <b>256</b> Cheese Stuffed Breadsticks <b>V</b>  <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Veggie Juice <b>684</b> Strawberry Banana Applesauce	<b>7</b> <b>208</b> Mini Corn Dogs OR <b>203</b> Mini Pepperoni Calzone  <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>749</b> Apple Cherry Juice	<b>8</b> <b>215</b> Beef & Cheese Taco Stick OR <b>221</b> Two Cheese, Chicken Quesadilla  <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>670</b> Fresh Fruit	<b>9</b> <b>226</b> Philly Steak & Cheese Pinwheel OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>706</b> Spinach Salad w. Tomatoes <b>657</b> Strawberry Craisins	<b>10</b> <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b> OR <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns  <b>623</b> Tater Tots <b>546</b> Cheesy Pizza Hummus <b>752</b> Fruit Punch Juice <b>928</b> Pretzel Goldfish
<b>13</b> <b>204</b> Chicken Nuggets & <b>928</b> Pretzel Goldfish OR <b>206</b> French Toast w/ Turkey Sausage  <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>752</b> Fruit Punch Juice 	<b>14</b> <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b> OR <b>215</b> Beef & Cheese Taco Stick  <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>658</b> Cherry Craisins <b>941</b> Tostitos Scoops	<b>15</b> <b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>257</b> Mozzarella Sticks <b>V</b>  <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Veggie Juice <b>654</b> Raspberry Lemonade Craisins	<b>16</b> <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns OR <b>200</b> Hamburger  <b>611</b> Bagged Baby Carrots <b>541</b> Chocolate Hummus <b>670</b> Fresh Fruit OR <b>682</b> Bananas 	<b>17</b> <b>263</b> 5" Round Cheese Pizza <b>V</b> OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit
<b>20</b> <b>284</b> Chicken Alfredo, Penne and Broccoli OR <b>286</b> Penne w/ Meat Sauce & Italian Veggies  <b>630</b> Dragon Punch Veggie Juice <b>608</b> Tropical Fruit Cup	<b>21</b> <b>208</b> Mini Corn Dogs OR <b>212</b> Taco Triangles  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>752</b> Fruit Punch Juice	<b>22</b> <b>226</b> Philly Steak & Cheese Pinwheel OR <b>205</b> Popcorn Chicken  <b>623</b> Tater Tots <b>631</b> Cherry Star Veggie Juice <b>670</b> Fresh Fruit	<b>23</b> <b>264</b> 4x6 Cheese Pizza <b>V</b> OR <b>221</b> Two Cheese Chicken Quesadilla  <b>706</b> Spinach Salad w. Tomatoes <b>670</b> Fresh Fruit OR <b>682</b> Bananas	<b>24</b> <b>203</b> Mini Pepperoni Calzone & <b>632</b> Wango Mango Veggie Juice OR <b>283</b> Chicken Tenders & Corn  <b>546</b> Cheesy Pizza Hummus <b>685</b> Rosati "School S'cool" Ice <b>928</b> Pretzel Goldfish
<b>27</b> <b>209</b> Taco Meat & <b>941</b> Tostitos Scoops OR <b>222</b> Sloppy Joes & <b>915</b> Hamburger Buns  <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>750</b> Apple Juice	<b>28</b> <b>269</b> Cheese Pizza Calzone <b>V</b> OR <b>219</b> Turkey Pepperoni Pinwheel  <b>702</b> Potato Smiles <b>670</b> Fresh Fruit	<b>29</b> <b>216</b> Spicy Taco Stick OR <b>207</b> Cheese Ravioli <b>V</b> & <b>630</b> Dragon Punch Veggie Juice & <b>909</b> Dinner Rolls  <b>621</b> Celery Sticks <b>670</b> Fresh Fruit	<b>30</b> <b>204</b> Chicken Nuggets OR <b>201</b> Cheeseburger  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape	<b>31</b> <b>256</b> Cheese Stuffed Breadsticks <b>V</b> OR <b>268</b> French Bread Cheese Pizza <b>V</b>  <b>631</b> Cherry Star Veggie Juice <b>622</b> Marinara Sauce <b>686</b> Rosati "Hero" Ice <b>993</b> Holiday Cookie  Halloween

V= Vegetarian Options

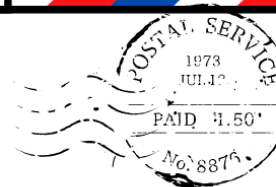
**PLEASE READ CAREFULLY** - Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children and will not trigger an allergic reaction OR related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's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

