



# High School Cold 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.

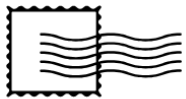
Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>621 Celery Sticks</b> <b>634 Ruby Rusher Veggie Juice</b> <b>670 Fresh Fruit</b> <b>445 Mott's Fruit Punch Juice</b> <b>932 Cinnamon Scooby Snacks</b>	<b>30</b> <b>233 Rotisserie Chicken &amp; Mozzarella on Brioche</b>  <b>602 PA Dutch Potato Salad</b> <b>631 Cherry Star Veggie Juice</b> <b>446 Mott's Apple Juice</b> <b>684 Strawberry Banana Applesauce</b>	<b>1</b> <b>237 Italian Sandwich</b>  <b>611 Bagged Baby Carrots</b> <b>543 Red Pepper Hummus</b> <b>632 Wango Mango Veggie Juice</b> <b>659 Watermelon Craisins</b> <b>670 Fresh Fruit</b> <b>928 Pretzel Goldfish</b>	<b>2</b> <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese</b>  <b>708 Spinach Salad w. Chickpeas</b> <b>633 Sunset Sip Veggie Juice</b> <b>648 Strawberry Gel Cup</b> <b>447 Mott's Apple White Grape Juice</b> <b>928 Pretzel Goldfish</b> 	<b>3</b> <b>242 Chicken Turkey Ham &amp; Cheese Wedge Sandwich</b>  <b>620 Salsa Cup</b> <b>630 Dragon Punch Veggie Juice</b> <b>670 Fresh Fruit</b> <b>446 Mott's Apple Juice</b> <b>941 Tostitos Scoops</b>
<b>6</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>621 Celery Sticks</b> <b>630 Dragon Punch Veggie Juice</b> <b>684 Strawberry Banana Applesauce</b> <b>670 Fresh Fruit</b>	<b>7</b> <b>238 Chicken Turkey Pepperoni &amp; Cheese Croissant</b>  <b>611 Bagged Baby Carrots</b> <b>541 Chocolate Hummus</b> <b>632 Wango Mango Veggie Juice</b> <b>648 Strawberry Gel Cup</b> <b>670 Fresh Fruit</b>	<b>8</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  <b>620 Salsa</b> <b>631 Cherry Star Veggie Juice</b> <b>670 Fresh Fruit</b> <b>445 Mott's Fruit Punch Juice</b> <b>941 Tostitos Scoops</b>	<b>9</b> <b>404 Italian Combo Wrap</b>  <b>706 Spinach Salad w. Tomatoes</b> <b>633 Sunset Sip Veggie Juice</b> <b>657 Strawberry Craisins</b> <b>446 Mott's Apple Juice</b> <b>932 Cinnamon Scooby Snacks</b>	<b>10</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b>  <b>601 Homestyle Potato Salad</b> <b>611 Bagged Baby Carrots</b> <b>546 Cheesy Pizza Hummus</b> <b>447 Mott's Apple White Grape</b> <b>670 Fresh Fruit</b> <b>928 Pretzel Goldfish</b>
<b>13</b> <b>242 Chicken Turkey Ham &amp; Cheese Wedge Sandwich</b>  <b>601 Homestyle Potato Salad</b> <b>634 Ruby Rusher Veggie Juice</b> <b>670 Fresh Fruit</b> <b>658 Cherry Craisins</b> 	<b>14</b> <b>251 Grilled Cheese</b>  <b>620 Salsa Cup</b> <b>631 Cherry Star Veggie Juice</b> <b>445 Mott's Fruit Punch Juice</b> <b>670 Fresh Fruit</b> <b>941 Tostitos Scoops</b> 	<b>15</b> <b>228 Turkey Ham &amp; Cheese Sub</b>  <b>621 Celery Sticks</b> <b>630 Dragon Punch Veggie Juice</b> <b>654 Raspberry Lemonade Craisins</b> <b>670 Fresh Fruit</b>	<b>16</b> <b>229 Turkey Ham &amp; Cheese Croissant</b>  <b>611 Bagged Baby Carrots</b> <b>634 Ruby Rusher Veggie Juice</b> <b>541 Chocolate Hummus</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b> <b>689 Strawberry Applesauce</b>	<b>17</b> <b>404 Italian Combo Wrap</b>  <b>708 Spinach Salad w. Chickpeas</b> <b>632 Wango Mango Veggie Juice</b> <b>670 Fresh Fruit</b> <b>446 Mott's Apple Juice</b> <b>932 Cinnamon Scooby Snacks</b> <b>National Cheese Pizza Day</b>
<b>20</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>630 Dragon Punch Veggie Juice</b> <b>620 Salsa Cup</b> <b>648 Strawberry Gel Cup</b> <b>670 Fresh Fruit</b>	<b>21</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  <b>611 Bagged Baby Carrots</b> <b>543 Red Pepper Hummus</b> <b>632 Wango Mango Veggie Juice</b> <b>657 Strawberry Craisins</b> <b>445 Mott's Fruit Punch Juice</b>	<b>22</b> <b>237 Italian Sandwich</b>  <b>621 Celery Sticks</b> <b>631 Cherry Star Veggie Juice</b> <b>447 Mott's Apple White Grape Juice</b> <b>670 Fresh Fruit</b>	<b>23</b> <b>242 Chicken Turkey Ham &amp; Cheese Wedge</b>  <b>706 Spinach Salad w. Tomatoes</b> <b>633 Sunset Sip Veggie Juice</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b> <b>684 Strawberry Applesauce</b> <b>990 Chocolate Chip Cookie</b>	<b>24</b> <b>233 Rotisserie Chicken &amp; Mozzarella On Brioche Bun</b>  <b>601 Homestyle Potato Salad</b> <b>632 Wango Mango Veggie Juice</b> <b>546 Cheesy Pizza Hummus</b> <b>685 Rosati "School S'cool" Water Ice</b> <b>670 Fresh Fruit</b> <b>928 Pretzel Goldfish</b>
<b>27</b> <b>237 Italian Sandwich</b>  <b>611 Bagged Baby Carrots</b> <b>546 Cheesy Pizza Hummus</b> <b>631 Cherry Star Veggie Juice</b> <b>670 Fresh Fruit</b> <b>445 Mott's Fruit Punch Juice</b>	<b>28</b> <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese</b>  <b>602 PA Dutch Potato Salad</b> <b>634 Ruby Rusher Veggie Juice</b> <b>670 Fresh Fruit</b> <b>684 Strawberry Banana Applesauce</b>	<b>29</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  <b>621 Celery Sticks</b> <b>630 Dragon Punch Veggie Juice</b> <b>670 Fresh Fruit</b> <b>446 Mott's Apple Juice</b>	<b>30</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>708 Spinach Salad w. Chickpeas</b> <b>633 Sunset Sip Veggie Juice</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b> <b>447 Mott's Apple White Grape Juice</b> <b>993 Holiday Cookie</b>	<b>31</b> <b>238 Chicken Turkey Pepperoni &amp; Cheese Croissant</b>  <b>620 Salsa Cup</b> <b>631 Cherry Star Veggie Juice</b> <b>670 Fresh Fruit</b> <b>659 Watermelon Craisins</b> <b>941 Tostitos Scoops</b> <b>Halloween</b> 

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!

## National Lunch Week

National School Lunch Week is a fun time to celebrate the tasty, healthy meals we enjoy at school—and to thank the awesome cafeteria staff who make it all happen! This year’s theme, “Taste the World: Your School Lunch Passport,” invites students to explore global cuisines and share stories about their favorite international foods. From October 13th to 17th, we’ll celebrate the flavors that bring us together and learn more about the cultures behind every bite!

Get Ready to Taste the World!

## 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.

