

Middle School Hot 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.

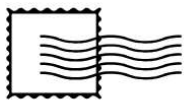
Monday	Tuesday	Wednesday	Thursday	Friday
29 284 Chicken Alfredo, Penne and Broccoli OR 273 Swedish Meatballs, Noodles and Broccoli 634 Ruby Rusher Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 909 Dinner Rolls	30 280 Beef Burger w/ Green Beans & 915 Hamburger Buns OR 286 Penne w/ Meat Sauce & Italian Veggies & 909 Dinner Rolls 631 Cherry Star Veggie Juice 446 Mott's Apple Juice 684 Strawberry Banana Applesauce	1 205 Popcorn Chicken OR 207 Cheese Ravioli V 611 Bagged Baby Carrots 543 Red Pepper Hummus 659 Watermelon Craisins 670 Fresh Fruit 928 Pretzel Goldfish	2 269 Cheese Pizza Calzone & 622 Marinara Cup OR 264 4x6 Cheese Pizza V 708 Spinach Salad w. Chickpeas 648 Strawberry Gel Cup 447 Mott's Apple White Grape Juice	3 204 Chicken Nuggets & 932 Cinnamon Scooby Snacks OR 222 Sloppy Joes & 915 Wheat Hamburger Buns 623 Tater Tots 630 Dragon Punch Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice
6 212 Taco Triangles OR 256 Cheese Stuffed V Breadsticks 622 Marinara Sauce 630 Dragon Punch Veggie Juice 684 Strawberry Banana Applesauce 670 Fresh Fruit	7 208 Mini Corn Dogs OR 203 Mini Pepperoni Calzone 611 Bagged Baby Carrots 541 Chocolate Hummus 648 Strawberry Gel Cup 670 Fresh Fruit	8 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice	9 226 Philly Steak & Cheese Pinwheel & 622 Marinara Cup OR 268 French Bread Cheese Pizza V 706 Spinach Salad w. Tomatoes 657 Strawberry Craisins 446 Mott's Apple Juice	10 225 Ciabatta Cheese V Melt Sandwich OR 220 Hot Dog & 906 Hot Dog Buns 623 Tater Tots 546 Cheesy Pizza Hummus 447 Mott's Apple White Grape 670 Fresh Fruit 928 Pretzel Goldfish
13 204 Chicken Nuggets & 928 Pretzel Goldfish OR 206 French Toast w/ Turkey Sausage 623 Tater Tots 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 658 Cherry Craisins	14 225 Ciabatta Cheese V Melt Sandwich OR 215 Beef & Cheese Taco Stick 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 689 Strawberry Applesauce 941 Tostitos Scoops	15 256 Cheese Stuffed V Breadsticks OR 257 Mozzarella Sticks V 622 Marinara Sauce 630 Dragon Punch Veggie Juice 670 Fresh Fruit 654 Raspberry Lemonade Craisins	16 220 Hot Dog & 906 Hot Dog Buns OR 200 Hamburger 611 Bagged Baby Carrots 541 Chocolate Hummus 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Juice	17 263 5'' Round Cheese Pizza V OR 268 French Bread Cheese Pizza V 708 Spinach Salad w. Chickpeas 670 Fresh Fruit 446 Mott's Apple Juice
National School Lunch Week				
20 284 Chicken Alfredo, Penne and Broccoli OR 286 Penne w/ Meat Sauce & Italian Veggies 630 Dragon Punch Veggie Juice 648 Strawberry Gel Cup 670 Fresh Fruit 909 Dinner Rolls	21 208 Mini Corn Dogs OR 212 Taco Triangles 611 Bagged Baby Carrots 543 Red Pepper Hummus 445 Mott's Fruit Punch Juice 657 Strawberry Craisins	22 226 Philly Steak & Cheese Pinwheel OR 205 Popcorn Chicken & 932 Cinnamon Scooby Snacks 623 Tater Tots 631 Cherry Star Veggie Juice 670 Fresh Fruit 447 Mott's Apple White Grape	23 264 4x6 Cheese Pizza V OR 221 Two Cheese Chicken Quesadilla 706 Spinach Salad w. Tomatoes 670 Fresh Fruit OR 682 Bananas 684 Strawberry Banana Applesauce	24 203 Mini Pepperoni Calzone OR 283 Chicken Tenders & Corn 623 Tater Tots 546 Cheesy Pizza Hummus 670 Fresh Fruit 685 Rosati "School S'cool" Ice 928 Pretzel Goldfish
27 209 Taco Meat & 941 Tostitos Scoops OR 222 Sloppy Joes & 915 Hamburger Buns 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 445 Mott's Fruit Punch	28 269 Cheese Pizza Calzone V OR 219 Turkey Pepperoni Pinwheel 622 Marinara Sauce 702 Potato Smiles 670 Fresh Fruit 684 Strawberry Banana Applesauce	29 216 Spicy Taco Stick OR 207 Cheese Ravioli V & 909 Dinner Rolls 630 Dragon Punch Veggie Juice 621 Celery Sticks 670 Fresh Fruit 446 Mott's Apple Juice	30 204 Chicken Nuggets & 928 Pretzel Goldfish OR 201 Cheeseburger 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape	31 256 Cheese Stuffed V Breadsticks OR 268 French Bread Cheese Pizza V 631 Cherry Star Veggie Juice 622 Marinara Sauce 659 Watermelon Craisins 686 Rosati "Hero" Ice 993 Holiday Cookie

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.

