

High School Cold Lunch Menu

November 2025

"Sail away to a healthy lunch!" - Amadou B. 4th Grade @ Vision Academy School

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
251 Grilled Cheese V OR 236 Turkey & Two Cheese Wedge 621 Celery Sticks 630 Dragon Punch Veggie Juice 543 Red Pepper Hummus 670 Fresh Fruit 658 Cherry Craisins 937 Apple Cinnamon Bear Grahams	228 Turkey Ham & Cheese Sub  631 Cherry Star Veggie Juice 611 Bagged Baby Carrots 541 Chocolate Hummus 670 Fresh Fruit 689 Strawberry Applesauce	232 Buffalo Chicken & Cheddar On Brioche Bun 601 Homestyle Potato Salad 634 Ruby Rusher Veggie Juice 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	404 Italian Combo Wrap 706 Spinach Salad w. Tomatoes 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 654 Raspberry Lemonade Craisins 928 Pretzel Goldfish	229 Turkey Ham & Cheese Croissant 632 Wango Mango Veggie Juice 621 Celery Sticks 622 Marinara Sauce 670 Fresh Fruit 445 Mott's Fruit Punch Juice
236 Turkey & Two Cheese Wedge 621 Celery Sticks 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 932 Cinnamon Scooby Snacks	233 Rotisserie Chicken & Mozzarella on Brioche Bun 602 PA Dutch Potato Salad 631 Cherry Star Veggie Juice 446 Mott's Apple Juice 684 Strawberry Banana Applesauce 	237 Italian Sandwich 611 Bagged Baby Carrots 543 Red Pepper Hummus 632 Wango Mango Veggie Juice 659 Watermelon Craisins 670 Fresh Fruit 928 Pretzel Goldfish	227 Turkey Ham, Turkey Pepperoni & Cheese  708 Spinach Salad w. Chickpeas 633 Sunset Sip Veggie Juice 648 Strawberry Gel Cup 447 Mott's Apple White Grape Juice 928 Pretzel Goldfish	242 Chicken, Turkey Ham & Cheese Wedge Sandwich 620 Salsa Cup 630 Dragon Punch Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice 941 Tostitos Scoops 
236 Turkey & Two Cheese Wedge 601 Homestyle Potato Salad 630 Dragon Punch Veggie Juice 684 Strawberry Banana Applesauce 670 Fresh Fruit 	238 Chicken, Turkey Pepperoni & Cheese Croissant 611 Bagged Baby Carrots 541 Chocolate Hummus 632 Wango Mango Veggie Juice 648 Strawberry Gel Cup 670 Fresh Fruit	234 Turkey Ham & Two Cheese on Roll 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops	404 Italian Combo Wrap 706 Spinach Salad w. Tomatoes 633 Sunset Sip Veggie Juice 657 Strawberry Craisins 446 Mott's Apple Juice 929 Chocolate Tiger Bites	232 Buffalo Chicken & Cheddar On Brioche Bun 632 Wango Mango Veggie Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 447 Mott's Apple White Grape 670 Fresh Fruit 928 Pretzel Goldfish
242 Chicken, Turkey Ham & Cheese Wedge Sandwich 601 Homestyle Potato Salad 630 Dragon Punch Veggie Juice 654 Raspberry Lemonade Craisins 670 Fresh Fruit OR 686 Rosati "Hero" Ice 993 Holiday Cookie	251 Grilled Cheese V 620 Salsa Cup 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostitos Scoops	228 Turkey Ham & Cheese Sub 621 Celery Sticks 634 Ruby Rusher Veggie Juice 658 Cherry Craisins 446 Mott's Apple Juice	<div>  </div>	

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



NOVEMBER

2025



DEAR PARENTS, CAREGIVERS, & STUDENTS,

This Thanksgiving, NDS is stuffed with gratitude just like your favorite pie! We're so thankful for the chance to serve up tasty meals, share smiles, and fuel your days with love, and maybe a few veggies too!

You bring the joy, we bring the lunch—and together, we make school delicious. Wishing you a break full of laughter, leftovers, and lots of mashed potatoes!

NATIONAL CHILDREN'S BOOK WEEK

Get ready to turn the page on fun! The week of Nov 3rd to the 9th we're celebrating the power of stories, imagination, and all the amazing books that help us learn and grow. Whether you love silly tales, magical adventures, or books about real-life heroes, there's something for everyone. So grab a book, share a story, and let your imagination soar! Let NDS know about all of the amazing books you have read!

BREAD IN A BAG!

Grab your apron and get ready to bake! Celebrate National Homemade Bread Day on November 17th with a super easy 5-ingredient bread recipe you can make at home in A BAG with family and friends. Mix, bake, and enjoy warm, homemade bread together!

Ingredients:

- 3 cups flour
- 1/4 cup sugar
- 1 packet yeast (rapid or regular)
- 1/4 cup unsalted butter, melted
- 1 teaspoon salt (to taste)



Instructions:

- Combine 1 cup flour, 1/4 cup sugar, and yeast packet in a resealable bag.
- Add 1 cup of warm water. Seal the bag, pressing out air.
- Begin shaking and mixing the bag by hand.
- Set the bag to rest for 10 minutes (proofing).
- In a bowl, combine 1 cup of flour with salt. Pour into the bag along with melted butter.
- Seal the bag again, pressing out air. Shake and mix again.
- Open bag and add in last cup of flour.
- Seal bag, and mix for the final time.
- Pull out dough and place on a floured surface. With floured hands, knead the dough for 5-10 minutes.
- Place the dough in a greased loaf pan.
- Lay a towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30-45 minutes to rise.
- Bake at 375 for 25 minutes.



THANKSGIVING SCRAMBLE

Unscramble the Thanksgiving words!

YRTUKE → 

IPMUNPK → 

GIVGINTHAKS → 

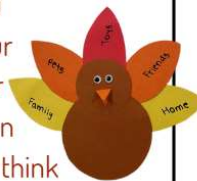
EIP → 

NROC → 

YFLIMA → 

GRADITUDE CORNER

Thanksgiving is all about saying THANK YOU! What are you thankful for this year? Your family? Your friends? Your favorite snack? Maybe even recess! Take a moment to think about what makes you smile, put it on your thankful turkey and share it with someone!



RIDDLE ME THIS

I sit on the table, golden and round, Sometimes sweet, sometimes savory, I'm flavor-bound. I'm sliced and served with a dollop of cream, In autumn I reign, like a pie-lover's dream. What am I?

