

Middle School Hot 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
3 251 Grilled Cheese OR 208 Mini Corn Dogs 630 Dragon Punch Veggie Juice 543 Red Pepper Hummus 670 Fresh Fruit 658 Cherry Craisins 937 Apple Cinnamon Bear Grahams	4 200 Hamburger OR 270 Turkey Pepperoni Pinwheel  611 Bagged Baby Carrots 541 Chocolate Hummus 670 Fresh Fruit 689 Strawberry Applesauce	5 206 French Toast w/ Sausage OR 220 Hot Dog & 906 Hot Dog Buns 702 Potato Smiles 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	6 255 Pizzaboli V & 633 Sunset Sip Veggie Juice OR 263 5'' Round Cheese Pizza 706 Spinach Salad w. Tomatoes 670 Fresh Fruit OR 682 Bananas 654 Raspberry Lemonade Craisins	7 225 Ciabatta Cheese Melt Sandwich OR 257 Mozzarella Sticks V 632 Wango Mango Veggie Juice 622 Marinara Sauce 670 Fresh Fruit 445 Mott's Fruit Punch
10 284 Chicken Alfredo, Penne and Broccoli OR 273 Swedish Meatballs, Noodles and Broccoli & 118 String Cheese 634 Ruby Rusher Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit 909 Dinner Rolls	11 280 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 	12 205 Popcorn Chicken OR 207 Cheese Ravioli V OR 404 Italian Combo Wrap 611 Bagged Baby Carrots 543 Red Pepper Hummus 659 Watermelon Craisins 670 Fresh Fruit 928 Pretzel Goldfish	13 269 Cheese Pizza Calzone & 622 Marinara Cup OR 264 4x6 Cheese Pizza V  706 Spinach Salad w. Tomatoes 648 Strawberry Gel Cup 447 Mott's Apple White Grape Juice	14 204 Chicken Nuggets & 932 Cinnamon Scooby Snacks OR 222 Sloppy Joes & 915 Wheat Hamburger Buns OR 236 Turkey & Two Cheese Wedge  623 Tater Tots 630 Dragon Punch Veggie Juice 670 Fresh Fruit 446 Mott's Apple Juice
17 212 Taco Triangles OR 256 Cheese Stuffed Breadsticks V  622 Marinara Sauce 630 Dragon Punch Veggie Juice 684 Strawberry Banana Applesauce 670 Fresh Fruit	18 208 Mini Corn Dogs OR 203 Mini Pepperoni Calzone 611 Bagged Baby Carrots 541 Chocolate Hummus 648 Strawberry Gel Cup 670 Fresh Fruit	19 215 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	20 226 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	21 225 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
24 256 Cheese Stuffed Breadsticks OR 257 Mozzarella Sticks V 622 Marinara Sauce 630 Dragon Punch Veggie Juice 686 Rosati "Hero" Ice 654 Raspberry Lemonade Craisins 993 Holiday Cookie	25 255 Pizzaboli V OR 215 Beef & Cheese Taco Stick 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice 941 Tostitos Scoops	26 204 Chicken Nuggets & 928 Pretzel Goldfish OR 206 French Toast w/ Sausage OR 264 4x6 Cheese Pizza 623 Tater Tots 634 Ruby Rusher Veggie Juice 446 Mott's Apple Juice 658 Cherry Craisins	27-28 	

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 →

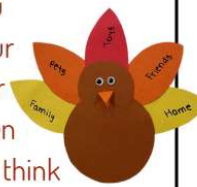
EIP →

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?

