

High School Cold Lunch Menu

December 2025

"Don't forget your greens or you won't get what you need"- Kaycee P. 4th Grade @ Holy Trinity 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
1 404 Italian Combo Wrap 602 PA Dutch Potato Salad 630 Dragon Punch Veggie Juice 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice 928 Pretzel Goldfish	2 238 Chicken, Turkey Pepperoni & Cheese Croissant 621 Celery Sticks 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 654 Raspberry Lemonade Craisins	3 234 Turkey Ham & Two Cheese on Roll 620 Salsa 140 Fiesta Bean Dip 633 Sunset Sip Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce 941 Tostitos Scoops	4 233 Rotisserie Chicken & Mozzarella on Brioche Bun 706 Spinach Salad w. Tomatoes 631 Cherry Star Veggie Juice 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins 990 Chocolate Chip Cookie 	5 237 Italian Sandwich  611 Bagged Baby Carrots 543 Red Pepper Hummus 632 Wango Mango Veggie Juice 445 Mott's Fruit Punch Juice 670 Fresh Fruit
8 232 Buffalo Chicken & Cheddar On Brioche Bun 631 Cherry Star Veggie Juice 620 Salsa 670 Fresh Fruit 658 Cherry Craisins 941 Tostitos Scoops	9 228 Turkey Ham & Cheese Sub 633 Sunset Sip Veggie Juice 611 Bagged Baby Carrots 541 Chocolate Hummus 670 Fresh Fruit 641 Tropical Raisels 932 Cinnamon Scooby Snacks	10 251 Grilled Cheese V 634 Ruby Rusher Veggie Juice 601 Homestyle Potato Salad 670 Fresh Fruit 657 Strawberry Craisins	11 236 Turkey & Two Cheese Wedge 706 Spinach Salad w. Tomatoes 621 Celery Sticks 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice	12 227 Turkey Ham, Turkey Pepperoni & Cheese 632 Wango Mango Veggie Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 446 Mott's Apple Juice 928 Pretzel Goldfish
15 233 Rotisserie Chicken Mozzarella On Brioche Bun 621 Celery Sticks 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins	16 237 Italian Sandwich 611 Bagged Baby Carrots 140 Fiesta Bean Dip 632 Wango Mango Veggie Juice 446 Mott's Apple Juice 670 Fresh Fruit	17 234 Turkey Ham & Two Cheese on Roll  630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 654 Raspberry Lemonade Craisins	18 242 Chicken, Turkey Ham & Cheese Wedge Sandwich 708 Spinach Salad w. Chickpeas 611 Bagged Baby Carrots 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice 993 Holiday Cookie 	19 404 Italian Combo Wrap 631 Cherry Star Veggie Juice 620 Salsa 670 Fresh Fruit 686 Rosati "Hero" Ice OR 658 Cherry Craisins 941 Tostitos Scoops
22 233 Rotisserie Chicken Mozzarella On Brioche Bun 611 Bagged Baby Carrots 634 Ruby Rusher Veggie Juice 684 Strawberry Banana Applesauce 447 Mott's Apple White Grape Juice	23 238 Chicken, Turkey Pepperoni & Cheese Croissant 620 Salsa Cup 630 Dragon Punch Veggie Juice 649 Orange Gel Cup 658 Cherry Craisins 941 Tostitos Scoops	24 	25 	26 
29 	30 	31 	1 	2
5 236 Turkey & Two Cheese Wedge 611 Bagged Baby Carrots 634 Ruby Rusher Veggie Juice 543 Red Pepper Hummus 654 Raspberry Lemonade Craisins 447 Mott's Apple White Grape 928 Pretzel Goldfish	6 228 Turkey Ham & Cheese Sub 620 Salsa 140 Fiesta Bean Dip 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch Juice 609 Mixed Fruit Cup 941 Tostitos Scoops	7 227 Turkey Ham, Turkey Pepperoni & Cheese 630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 446 Mott's Apple Juice	8 232 Buffalo Chicken & Cheddar On Brioche Bun 706 Spinach Salad w. Tomatoes 632 Wango Mango Veggie Juice 670 Fresh Fruit 642 Orange Burst Raisels	9 229 Turkey Ham & Cheese Croissant 611 Bagged Baby Carrots 633 Sunset Sip Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce

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



DECEMBER

2025



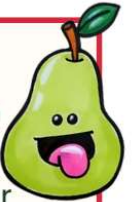
Holiday Cheers from NDS

As the season of gratitude arrives, NDS thanks you for your support and the joy you bring. We're grateful to serve up healthy meals, share smiles, and maybe sneak in a veggie or two! Wishing you a holiday full of warmth, laughter, and delicious moments.



Pears

December's fruit is the pear—juicy, sweet, and packed with fiber, vitamin C, and antioxidants to keep you healthy all winter long. Kids, grab your crayons and draw your favorite kind of pear—green, red, or golden—and decorate it with a festive twist!



Scan the QR to draw your own pear!



Candy Cane Playdough

Ready to get creative this holiday season? Make your own red and white playdough, then twist it into candy cane shapes. It's a fun way to show off your sculpting skills and add a festive touch to your creations. Try experimenting with patterns, sizes, or even turning your candy canes into ornaments or desk decor!



Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon canola oil
- 1/2 cup warm water
- 1/2 cup salt
- 2-3 drops food coloring

Instructions:

- Combine flour and salt in a medium bowl. Slowly stir in the oil, warm water, and 2-3 drops of food coloring until the mixture is well combined.
- Transfer the dough to a flat surface and let it sit for a few minutes. It may feel a bit sticky, but DO NOT add more flour. As the dough sits, the salt will absorb the extra moisture. Knead well.
- If your dough is sticky after about 5 minutes, add an additional 2 tablespoons of flour at a time until it is the perfect consistency.
- Store in a zip-lock bag or airtight container, and place in the refrigerator. If you notice the playdough getting a bit dry, you can add a few drops of water and knead that into the dough.

Christmas Lights Scavenger Hunt

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| ☐ Snowflake | ☐ Nativity Scene |
| ☐ Train | ☐ Bell |
| ☐ Candy Cane | ☐ Snow Globe |
| ☐ Blue Lights | ☐ Polar Bear |
| ☐ Colored Lights | ☐ Star |
| ☐ Elf | ☐ Rudolph Red Nose Reindeer |

Gratitude Corner

December is a time for cozy moments, kindness, and giving. Thank you for warm meals, twinkling lights, and people who care. Thank you for snowflakes, laughter, and the joy of sharing. Help us show love, be thankful, and spread cheer wherever we go. This season, may our hearts be full of gratitude and joy.

