

# Elementary School Cold Lunch Menu

## March 2026

"To get fit, Veggies are it!" - Lucy F. 6<sup>th</sup> Grade @ Holy Trinity

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>2</b> <b>404 Italian Combo Wrap</b>  <b>630 Dragon Punch Veggie Juice</b> <b>602 PA Dutch Potato Salad</b> <b>697 Sliced Apples</b>	<b>3</b> <b>238 Chicken, Turkey Pepperoni Cheese Croissant</b>  <b>634 Ruby Rusher Veggie Juice</b> <b>621 Celery Sticks</b> <b>654 Raspberry Lemonade Craisins</b>	<b>4</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  <b>620 Salsa</b> <b>140 Fiesta Bean Dip</b> <b>749 Apple Cherry Juice</b> <b>941 Tostitos Scoops</b>	<b>5</b> <b>237 Italian Sandwich</b>  <b>611 Bagged Baby Carrots</b> <b>543 Red Pepper Hummus</b> <b>670 Fresh Fruit</b>	<b>6</b> <b>251 Grilled Cheese V</b>   <b>Snack Day</b>  <b>706 Spinach Salad w. Tomatoes</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b>
<b>9</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b>  <b>631 Cherry Star Veggie Juice</b> <b>620 Salsa</b> <b>670 Fresh Fruit</b> <b>941 Tostitos Scoops</b>	<b>10</b> <b>228 Turkey Ham &amp; Cheese Sub</b>   <b>Global Recycling Day</b>  <b>633 Sunset Sip Veggie Juice</b> <b>502 "Kick It" Crunchy Puffs</b> <b>641 Tropical Raisels</b> <b>932 Cinnamon Scooby Snacks</b>	<b>11</b> <b>251 Grilled Cheese V</b>  <b>634 Ruby Rusher Veggie Juice</b> <b>601 Homestyle Potato Salad</b> <b>657 Strawberry Craisins</b>	<b>12</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  <b>706 Spinach Salad w. Tomatoes</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b>	<b>13</b> <b>261 Soy Butter &amp; Jelly Sandwich</b>  <b>611 Bagged Baby Carrots</b> <b>546 Cheesy Pizza Hummus</b> <b>749 Apple Cherry Juice</b> <b>928 Pretzel Goldfish</b>
<b>16</b> <b>233 Rotisserie Chicken &amp; Mozzarella On Brioche Bun</b>  <b>634 Ruby Rusher Veggie Juice</b> <b>621 Celery Sticks</b> <b>670 Fresh Fruit</b>	<b>17</b> <b>237 Italian Sandwich</b>   <b>HAPPY ST. PATRICK'S DAY</b>  <b>611 Bagged Baby Carrots</b> <b>140 Fiesta Bean Dip</b> <b>686 Rosati "Luck O" Ice OR</b> <b>749 Apple Cherry Juice</b> <b>993 Bunny Cookie</b>	<b>18</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  <b>631 Cherry Star Veggie Juice</b> <b>602 PA Dutch Potato Salad</b> <b>610 Papaya Mango Cup</b>	<b>19</b> <b>242 Chicken, Turkey Ham &amp; Cheese Wedge Sandwich</b>  <b>708 Spinach Salad w. Chickpeas</b> <b>670 Fresh Fruit OR</b> <b>682 Bananas</b>	<b>20</b> <b>251 Grilled Cheese V</b>   <b>Spring Equinox</b>  <b>630 Dragon Punch Veggie Juice</b> <b>620 Salsa</b> <b>654 Raspberry Lemonade Craisins</b> <b>941 Tostitos Scoops</b>
<b>23</b> <b>233 Rotisserie Chicken &amp; Mozzarella On Brioche Bun</b>  <b>634 Ruby Rusher Veggie Juice</b> <b>611 Bagged Baby Carrots</b> <b>684 Strawberry Banana Applesauce</b>	<b>24</b> <b>238 Chicken Turkey Pepperoni Cheese Croissant</b>   <b>Let's Laugh Day</b>  <b>620 Salsa Cup</b> <b>631 Cherry Star Veggie Juice</b> <b>642 Orange Burst Raisels</b> <b>941 Tostitos Scoops</b>	<b>25</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  <b>630 Dragon Punch Veggie Juice</b> <b>601 Homestyle Potato Salad</b> <b>658 Cherry Craisins</b>	<b>26</b> <b>237 Italian Sandwich</b>   <b>National Spinach Day</b>  <b>708 Spinach Salad w. Chickpeas</b> <b>670 Fresh Fruit</b> <b>932 Cinnamon Scooby Snacks</b>	<b>27</b> <b>261 Soy Butter &amp; Jelly Sandwich</b>  <b>611 Bagged Baby Carrots</b> <b>502 "Kick It" Crunchy Puffs</b> <b>752 Fruit Punch Juice</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.



# MARCH

## 2026



### Pot of Gold

March is chock-full of magical fun! Spring is on its way, bringing fresh starts, blooming flowers, and brighter days. March is also National Wellness Month, a great time to take care of our bodies, minds, and feelings by moving, resting, and being kind to ourselves and others. Plus, it's National School Breakfast Week—so don't forget to eat a healthy breakfast to fuel your brain and body and help you learn and play your best every day!

### Spring Into Wellness

Spring is here! The first day of spring is a great time to build healthy habits like eating colorful fruits and veggies, drinking plenty of water, and staying active outdoors. As we welcome the season of growth, NDS is also looking for members to join our Wellness Committee to help promote healthy schools and strong communities. Parents, educators, and community members are encouraged to get involved and share ideas that support student wellness. All meetings are virtual; please contact NDS ([jfalk@ndsarch.org](mailto:jfalk@ndsarch.org)) for more information.

### National School Breakfast Week

Hear ye, hear ye! Get ready to conquer the school day as we go on The Quest for School Breakfast! From March 2nd to March 6th, NDS will be celebrating the importance of a healthy start to the day during National School Breakfast Week. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. A healthy breakfast fuels the brain and body for learning and play. Join the quest by enjoying school breakfast, trying new menu items, and taking part in fun activities and challenges throughout the week. It's a royal way to start every day!



Brave Knight, decorate your shield with all the mighty and delicious breakfast foods you enjoyed during National Breakfast Week!



### Leprechauns

March is the month of leprechauns! Leprechauns come from Irish folklore and have been part of Irish stories for hundreds of years! Long ago, people believed these tiny shoemakers were very clever and loved to protect their pots of gold. Today, leprechauns are known for their tricky ways and lucky magic. Can you find all 17 sneaky leprechauns hiding on this page? Look closely, they love to play tricks!

Scan the QR Code to make your own Leprechaun Hat Box to protect your pot of gold!



### Recycled Flowers

Spring is here, and that means sunshine, colorful flowers, and new beginnings! To celebrate, we're getting creative with a fun craft of making flowers out of recycled materials! Just like spring gives new life to the world, we can give new life to materials by reusing them instead of throwing them away.

- Gather Materials: Collect items like cardboard tubes, newspaper, magazines, plastic bottles, or bottle caps.
- Create Petals: Cut petal shapes from your chosen material
- Form Petals: Shape them by rolling, curling, or bending
- Assemble the Flower: Glue petals around a central point from the inside out, layering them for fullness.
- Decorate: Paint, color with markers, or add glitter for extra flair

