







# Middle School Hot 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>295</b> Meatloaf & Gravy w/ Mashed Potatoes & <b>909</b> Dinner Roll OR <b>280</b> Beef Burger w/ Green Beans & <b>915</b> Hamburger Buns  <b>630</b> Dragon Punch Veggie Juice <b>697</b> Sliced Apples <b>447</b> Mott's Apple White Grape	<b>3</b> <b>480</b> Sausage Kolache & <b>990</b> Chocolate Chip Cookie OR <b>212</b> Taco Triangles  <b>634</b> Ruby Rusher Veggie Juice <b>623</b> Tater Tots <b>670</b> Fresh Fruit <b>654</b> Raspberry Lemonade Craisins	<b>4</b> <b>209</b> Taco Meat & <b>944</b> Tostitos Top N Go OR <b>221</b> Two Cheese, Chicken Quesadilla & <b>941</b> Tostitos Scoops OR <b>234</b> Turkey Ham & Two Cheese on Roll <b>620</b> Salsa Cup <b>140</b> Fiesta Bean Dip <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce	<b>5</b> <b>205</b> Popcorn Chicken & <b>928</b> Pretzel Goldfish OR <b>251</b> Grilled Cheese <b>V</b> OR <b>237</b> Italian Sandwich  <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Juice	<b>6</b> <b>225</b> Ciabatta Cheese Melt <b>V</b> & <b>631</b> Cherry Star Veggie Juice OR <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>Snack Day</b> <b>706</b> Spinach Salad w. Tomatoes <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>658</b> Cherry Craisins
<b>9</b> <b>284</b> Chicken Alfredo, Penne and Broccoli OR <b>224</b> Meatballs w/ Elbow Mac & Sauce  <b>631</b> Cherry Star Veggie Juice <b>658</b> Cherry Craisins <b>670</b> Fresh Fruit <b>909</b> Dinner Roll	<b>10</b> <b>208</b> Mini Corn Dogs OR <b>207</b> Cheese Ravioli <b>V</b> & <b>909</b> Dinner Roll  <b>Global Recycling Day</b> <b>623</b> Tater Tots <b>633</b> Sunset Sip Veggie Juice <b>641</b> Tropical Raisels <b>670</b> Fresh Fruit	<b>11</b> <b>201</b> Cheeseburger OR <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns  <b>502</b> "Kick It" Crunchy Puffs <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>657</b> Strawberry Craisins	<b>12</b> <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b> OR <b>217</b> Spicy Grilled Cheese <b>V</b> OR <b>236</b> Turkey & Two Cheese Wedge  <b>706</b> Spinach Salad w. Tomatoes <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape	<b>13</b> <b>263</b> 5" Round Cheese Pizza <b>V</b> OR <b>253</b> Three Cheese Quesadilla <b>V</b>  <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice <b>928</b> Pretzel Goldfish
<b>16</b> <b>206</b> French Toast w/ Sausage OR <b>204</b> Chicken Nuggets & <b>928</b> Pretzel Goldfish  <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins	<b>17</b> <b>215</b> Beef & Cheese Taco Stick  <b>HAPPY ST. PATRICK'S DAY</b> OR <b>221</b> Two Cheese, Chicken Quesadilla OR <b>237</b> Italian Sandwich  <b>611</b> Bagged Baby Carrots <b>140</b> Fiesta Bean Dip <b>670</b> Fresh Fruit <b>686</b> Rosati "Luck O" Ice <b>993</b> Bunny Holiday Cookie	<b>18</b> <b>226</b> Philly Steak & Cheese Pinwheel OR <b>203</b> Mini Pepperoni Calzone  <b>620</b> Salsa <b>631</b> Cherry Star Veggie Juice <b>610</b> Papaya Mango Cup <b>670</b> Fresh Fruit	<b>19</b> <b>208</b> Mini Corn Dogs OR <b>264</b> 4x6 Cheese Pizza <b>V</b> OR <b>242</b> Chicken Turkey Ham & Cheese Wedge Sandwich  <b>708</b> Spinach Salad w. Chickpeas <b>670</b> Fresh Fruit OR <b>682</b> Bananas <b>447</b> Mott's Apple White Grape Juice	<b>20</b> <b>257</b> Mozzarella Sticks <b>V</b> OR <b>256</b> Cheese Stuffed Breadsticks <b>V</b>  <b>Spring Equinox</b> <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Veggie Juice <b>670</b> Fresh Fruit <b>654</b> Raspberry Lemonade Craisins
<b>23</b> <b>212</b> Taco Triangles OR <b>205</b> Popcorn Chicken & <b>928</b> Pretzel Goldfish  <b>623</b> Tater Tots <b>634</b> Ruby Rusher Veggie Juice <b>447</b> Mott's Apple White Grape <b>684</b> Strawberry Banana Applesauce	<b>24</b> <b>204</b> Chicken Nuggets OR <b>203</b> Mini Pepperoni Calzone  <b>Let's Laugh Day</b> <b>611</b> Bagged Baby Carrots <b>502</b> "Kick It" Crunchy Puffs <b>670</b> Fresh Fruit <b>642</b> Orange Burst Raisels <b>990</b> Chocolate Chip Cookie	<b>25</b> <b>284</b> Chicken Alfredo, Penne and Broccoli OR <b>288</b> Mac & Cheese w/ Broccoli <b>V</b>  <b>630</b> Dragon Punch Veggie Juice <b>658</b> Cherry Craisins <b>670</b> Fresh Fruit <b>909</b> Dinner Rolls	<b>26</b> <b>201</b> Cheeseburger OR <b>254</b> BBQ Rib Sandwich  <b>National Spinach Day</b> <b>706</b> Spinach Salad w. Tomatoes <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape <b>932</b> Cinnamon Scooby Snacks	<b>27</b> <b>268</b> French Bread Cheese Pizza <b>V</b> OR <b>255</b> Pizzaboli <b>V</b>  <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Veggie Juice <b>649</b> Orange Gel Cup <b>658</b> Cherry Craisins

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.

 **Catholic Charities  
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222 N 17th St, Philadelphia, PA 19103  
215-895-3470, option 1



# 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

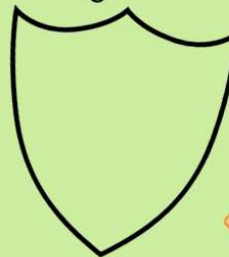
Spring is here! The first day of spring is a great time to build healthy habits like eating colorful fruits and veggies, drinking plenty of water, and staying active outdoors. As we welcome the season of growth, NDS is also looking for members to join our Wellness Committee to help promote healthy schools 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

