

Middle School Hot Lunch Menu

March 2026

"To get fit, Veggies are it!" - Lucy F. 6th 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
2 295 Meatloaf & Gravy w/ Mashed Potatoes & 909 Dinner Roll OR 280 Beef Burger w/ Green Beans & 915 Hamburger Buns 630 Dragon Punch Veggie Juice 697 Sliced Apples 447 Mott's Apple White Grape	3 480 Sausage Kolache & 990 Chocolate Chip Cookie OR 212 Taco Triangles 634 Ruby Rusher Veggie Juice 623 Tater Tots 670 Fresh Fruit 654 Raspberry Lemonade Craisins	4 209 Taco Meat & 944 Tostitos Top N Go OR 221 Two Cheese, Chicken Quesadilla & 941 Tostitos Scoops OR 234 Turkey Ham & Two Cheese on Roll 620 Salsa Cup 140 Fiesta Bean Dip 670 Fresh Fruit 684 Strawberry Banana Applesauce	5 205 Popcorn Chicken & 928 Pretzel Goldfish OR 251 Grilled Cheese V OR 237 Italian Sandwich 611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit 445 Mott's Fruit Punch Juice	6 225 Ciabatta Cheese Melt V & 631 Cherry Star Veggie Juice OR 264 4x6 Cheese Pizza V  Snack Day 706 Spinach Salad w. Tomatoes 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins
9 284 Chicken Alfredo, Penne and Broccoli OR 224 Meatballs w/ Elbow Mac & Sauce 631 Cherry Star Veggie Juice 658 Cherry Craisins 670 Fresh Fruit 909 Dinner Roll	10 208 Mini Corn Dogs OR 207 Cheese Ravioli V  Global Recycling Day 623 Tater Tots 633 Sunset Sip Veggie Juice 641 Tropical Raisels 670 Fresh Fruit	11 201 Cheeseburger OR 220 Hot Dog & 906 Hot Dog Buns 502 "Kick It" Crunchy Puffs 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 657 Strawberry Craisins	12 225 Ciabatta Cheese Melt Sandwich V OR 217 Spicy Grilled Cheese V OR 236 Turkey & Two Cheese Wedge 706 Spinach Salad w. Tomatoes 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape	13 263 5" Round Cheese Pizza V OR 253 Three Cheese Quesadilla V 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 446 Mott's Apple Juice 928 Pretzel Goldfish
16 206 French Toast w/ Sausage OR 204 Chicken Nuggets & 928 Pretzel Goldfish 623 Tater Tots 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins	17 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla OR 237 Italian Sandwich 611 Bagged Baby Carrots 140 Fiesta Bean Dip 670 Fresh Fruit 686 Rosati "Luck O" Ice 993 Bunny Holiday Cookie	18 226 Philly Steak & Cheese Pinwheel OR 203 Mini Pepperoni Calzone 620 Salsa 631 Cherry Star Veggie Juice 610 Papaya Mango Cup 670 Fresh Fruit	19 208 Mini Corn Dogs OR 264 4x6 Cheese Pizza V OR 242 Chicken Turkey Ham & Cheese Wedge Sandwich 708 Spinach Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice	20 257 Mozzarella Sticks V OR 256 Cheese Stuffed Breadsticks V  Spring Equinox 622 Marinara Sauce 630 Dragon Punch Veggie Juice 670 Fresh Fruit 654 Raspberry Lemonade Craisins
23 212 Taco Triangles OR 205 Popcorn Chicken & 928 Pretzel Goldfish 623 Tater Tots 634 Ruby Rusher Veggie Juice 447 Mott's Apple White Grape 684 Strawberry Banana Applesauce	24 204 Chicken Nuggets OR 203 Mini Pepperoni Calzone  Let's Laugh Day 611 Bagged Baby Carrots 502 "Kick It" Crunchy Puffs 670 Fresh Fruit 642 Orange Burst Raisels 990 Chocolate Chip Cookie	25 284 Chicken Alfredo, Penne and Broccoli OR 288 Mac & Cheese w/ Broccoli V 630 Dragon Punch Veggie Juice 658 Cherry Craisins 670 Fresh Fruit 909 Dinner Rolls	26 201 Cheeseburger OR 254 BBQ Rib Sandwich  National Spinach Day 706 Spinach Salad w. Tomatoes 670 Fresh Fruit 447 Mott's Apple White Grape Juice 932 Cinnamon Scooby Snacks	27 268 French Bread Cheese Pizza V OR 255 Pizzaboli V 622 Marinara Sauce 630 Dragon Punch Veggie Juice 649 Orange Gel Cup 658 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.



NUTRITIONAL
DEVELOPMENT
SERVICES

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@ndsearch.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

