

# High School Cold Lunch Menu

## April 2026

"Do not put Junk Food on the Plate, If you want to feel Great"  
 Everly B. 7<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>30</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  634 Ruby Rusher Veggie Juice 611 Bagged Baby Carrots 543 Red Pepper Hummus 686 Rosati "Sweet Heart" Ice OR 447 Mott's Apple White Grape 654 Raspberry Lemonade Craisins 993 Holiday Cookie	<b>31</b> <b>228 Turkey Ham &amp; Cheese Sub</b>  620 Salsa 140 Fiesta Bean Dip 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch Juice 609 Mixed Fruit Cup 941 Tostitos Scoops	<b>1</b> <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese</b>  630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 446 Mott's Apple Juice 	<b>2</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b>  705 Dragon Punch Veggie Juice 611 Bagged Baby Carrots 670 Fresh Fruit 642 Orange Burst Raisels  Holy Thursday	<b>3</b> <b>251 Grilled Cheese V</b>  633 Sunset Sip Veggie Juice 620 Salsa 670 Fresh Fruit 684 Strawberry Banana Applesauce  Good Friday
<b>6</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  140 Fiesta Bean Dip 620 Salsa 632 Wango Mango Veggie Juice 670 Fresh Fruit 610 Papaya Mango Cup 941 Tostitos Scoops	<b>7</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  611 Bagged Baby Carrots 502 "Kick It" Crunchy Puffs 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins	<b>8</b> <b>237 Italian Sandwich</b>   National Empanada Day 631 Cherry Star Veggie Juice 601 Homestyle Potato Salad 641 Tropical Raisels 447 Mott's Apple White Grape Juice	<b>9</b> <b>242 Chicken, Turkey Ham &amp; Cheese Wedge Sandwich</b>  708 Spinach Salad w. Chickpeas 633 Sunset Sip Veggie Juice 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins	<b>10</b> <b>238 Chicken, Turkey Pepperoni &amp; Cheese Croissant</b>  621 Celery Sticks 630 Dragon Punch Veggie Juice 670 Fresh Fruit OR 682 Bananas 684 Strawberry Banana Applesauce
<b>13</b> <b>404 Italian Combo Wrap</b>  630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 697 Sliced Apples 447 Mott's Apple White Grape 928 Pretzel Goldfish	<b>14</b> <b>238 Chicken, Turkey Pepperoni Cheese Croissant</b>   National Gardening Day 634 Ruby Rusher Veggie Juice 621 Celery Sticks 670 Fresh Fruit 654 Raspberry Lemonade Craisins	<b>15</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  620 Salsa 140 Fiesta Bean Dip 633 Sunset Sip Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce 941 Tostitos Scoops	<b>16</b> <b>233 Rotisserie Chicken &amp; Mozzarella On Brioche Bun</b>  706 Spinach Salad w. Tomatoes 631 Cherry Star Veggie Juice 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins 990 Chocolate Chip Cookie  National Banana Day	<b>17</b> <b>237 Italian Sandwich</b>  611 Bagged Baby Carrots 543 Red Pepper Hummus 632 Wango Mango Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice
<b>20</b> <b>232 Buffalo Chicken &amp; Cheddar On Brioche Bun</b>  631 Cherry Star Veggie Juice 620 Salsa 670 Fresh Fruit 658 Cherry Craisins 941 Tostitos Scoops	<b>21</b> <b>228 Turkey Ham &amp; Cheese Sub</b>  630 Dragon Punch Veggie Juice 611 Bagged Baby Carrots 541 Chocolate Hummus 654 Raspberry Lemonade Craisins 697 Sliced Apples 932 Cinnamon Scooby Snacks	<b>22</b> <b>251 Grilled Cheese V</b>  634 Ruby Rusher Veggie Juice 601 Homestyle Potato Salad 670 Fresh Fruit 657 Strawberry Craisins  Earth Day	<b>23</b> <b>236 Turkey &amp; Two Cheese Wedge</b>  706 Spinach Salad w. Tomatoes 621 Celery Sticks 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Juice	<b>24</b> <b>227 Turkey Ham, Turkey Pepperoni &amp; Cheese</b>  632 Wango Mango Veggie Juice 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 446 Mott's Apple Juice 928 Pretzel Goldfish
<b>27</b> <b>233 Rotisserie Chicken &amp; Mozzarella On Brioche Bun</b>  634 Ruby Rusher Veggie Juice 621 Celery Sticks 670 Fresh Fruit 659 Watermelon Craisins	<b>28</b> <b>237 Italian Sandwich</b>  632 Wango Mango Veggie Juice 611 Bagged Baby Carrots 140 Fiesta Bean Dip 670 Fresh Fruit 446 Mott's Apple Juice	<b>29</b> <b>234 Turkey Ham &amp; Two Cheese on Roll</b>  630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 654 Raspberry Lemonade Craisins	<b>30</b> <b>242 Chicken, Turkey Ham &amp; Cheese Wedge Sandwich</b>  708 Spinach Salad w. Chickpeas 611 Bagged Baby Carrots 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape 993 Holiday Cookie	<b>31</b> <b>404 Italian Combo Wrap</b>  620 Salsa Cup 631 Cherry Star Veggie Juice 670 Fresh Fruit 641 Tropical Raisels 941 Tostitos Scoops

**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.

# APRIL 2026



## Hello April!

Spring is finally here, and April brings lots of fun things to celebrate! Easter reminds us of joy and new beginnings.

April Fools' Day brings a little silliness, and the warm weather helps flowers and trees start to bloom. April is also Earth Month, a special time to remember how important our planet is. Even small actions, like picking up litter, recycling, or turning off lights, help keep the Earth happy and healthy. Let's enjoy the sunshine, the laughter, and all the ways we can take care of our world this month!

## April Fools

April 1st is all about giggles and silly surprises! It's a day to share jokes, have fun, and enjoy a little extra laughter. The best jokes are the ones that make everyone laugh!

Why did the egg hide?   
Because it was a little chicken!

What do you call a dinosaur that's sleeping?  
A dino-snore! 

Why did the student eat his homework?   
Because the teacher said it was a piece of cake!

## Egg-cellent Spring Trivia

April is full of fun facts and surprises, so test your knowledge with our April Trivia! See how much you know about spring, Earth Day, Easter, and all the silly fun this month brings.

What year was the very first Earth Day?  
A. 1950 B. 1970 C. 1990 

Baby rabbits are called what?  
A. Kits B. Pups C. Cubs 

What bird is known for returning north in spring and building mud nests with a red chest?  
A. Finch B. Robin C. Cardinal 

What ancient country is believed to have celebrated a spring "festival of jokes," similar to April Fools' Day? 

What is the name of the process plants use to make their own food from sunlight? 

What weather tool measures how fast the wind is blowing? 

## Sunny Side Up or Scrambled?



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Answer Key

## Grow Your Garden

April is a month full of new life, blooming plants, and fresh starts; the perfect time to make your own flower pot! You can decorate a store-bought pot with bright colors and fun designs, or create your own using recycled items like plastic bottles, egg cartons, or milk cartons. After your pot is ready, plant something easy to grow, like a sunflower seed, lettuce, or herbs, and watch it sprout as the days get warmer. If planting isn't your thing, you can still join the fun by making a handprint flower pot. Scan the QR code for a tutorial! It's a great way to celebrate spring and help the Earth by reusing materials.

