

# High School Cold Lunch Menu May 2026

"Yo Ho Ho, Ahoy Mateys! All Buccaneers must have Breakfast!" Danica H. 6<sup>th</sup> Grade @ Blessed 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
<p><b>4</b></p> <p><b>233</b> Rotisserie Chicken &amp; Mozzarella On Brioche Bun</p> <p>634 Ruby Rusher Veggie Juice 611 Bagged Baby Carrots 684 Strawberry Banana Applesauce 447 Mott's Apple White Grape Juice</p>  <p>Orange Juice Day</p>	<p><b>5</b></p> <p><b>238</b> Chicken, Turkey Pepperoni &amp; Cheese Croissant</p> <p>620 Salsa Cup 630 Dragon Punch Veggie Juice 658 Cherry Craisins 649 Orange Gel Cup 941 Tostitos Scoops</p>	<p><b>6</b></p> <p><b>234</b> Turkey Ham &amp; Two Cheese on Roll</p> <p>631 Cherry Star Veggie Juice 601 Homestyle Potato Salad 658 Cherry Craisin 670 Fresh Fruit</p>  <p>TEACHER'S DAY</p>	<p><b>7</b></p> <p><b>237</b> Italian Sandwich</p> <p>708 Spinach Salad w. Chickpeas 632 Wango Mango Veggie Juice 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice</p>	<p><b>8</b></p> <p><b>242</b> Chicken, Turkey Ham &amp; Cheese Wedge Sandwich</p> <p>633 Sunset Sip Veggie Juice 611 Bagged Baby Carrots 502 "Kick It" Crunchy Puffs 670 Fresh Fruit 642 Orange Curst Raisels</p>
<p><b>11</b></p> <p><b>236</b> Turkey &amp; Two Cheese Wedge</p> <p>634 Ruby Rusher Veggie Juice 611 Bagged Baby Carrots 543 Red Pepper Hummus 447 Mott's Apple White Grape 654 Raspberry Lemonade Craisins 928 Pretzel Goldfish</p>	<p><b>12</b></p> <p><b>228</b> Turkey Ham &amp; Cheese Sub</p> <p>620 Salsa Cup 631 Cherry Star Veggie Juice 140 Fiesta Bean Dip 609 Mixed Fruit Cup 445 Mott's Fruit Punch Juice 941 Tostitos Scoops</p>	<p><b>13</b></p> <p><b>229</b> Turkey Ham &amp; Cheese Croissant</p> <p>630 Dragon Punch Veggie Juice 602 PA Dutch Potato Salad 670 Fresh Fruit 446 Mott's Apple Juice</p>  <p>International Hummus Day</p>	<p><b>14</b></p> <p><b>232</b> Buffalo Chicken &amp; Cheddar On Brioche Bun</p> <p>706 Spinach Salad w. Tomatoes 632 Wango Mango Veggie Juice 670 Fresh Fruit 642 Orange Burst Raisels</p>	<p><b>15</b></p> <p><b>227</b> Turkey Ham, Turkey Pepperoni &amp; Cheese</p> <p>633 Sunset Sip Veggie Juice 611 Bagged Baby Carrots 670 Fresh Fruit 684 Strawberry Banana Applesauce</p>
<p><b>18</b></p> <p><b>233</b> Rotisserie Chicken &amp; Mozzarella On Brioche Bun</p> <p>611 Bagged Baby Carrots 140 Fiesta Bean Dip 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins</p>	<p><b>19</b></p> <p><b>234</b> Turkey Ham &amp; Two Cheese on Roll</p> <p>634 Ruby Rusher Veggie Juice 620 Salsa Cup 670 Fresh Fruit 610 Papaya Mango Cup 941 Tostitos Scoops</p>	<p><b>20</b></p> <p><b>237</b> Italian Sandwich</p> <p>World Bee Day </p> <p>631 Cherry Star Veggie Juice 601 Homestyle Potato Salad 641 Tropical Raisels 447 Mott's Apple White Grape Juice</p>	<p><b>21</b></p> <p><b>242</b> Chicken, Turkey Ham &amp; Cheese Wedge Sandwich</p> <p>708 Spinach Salad w. Chickpeas 633 Sunset Sip Veggie Juice 697 Bagged Sliced Apples 658 Cherry Craisins</p>	<p><b>22</b></p> <p><b>238</b> Chicken, Turkey Pepperoni &amp; Cheese Croissant</p> <p>621 Celery Sticks 630 Dragon Punch Veggie Juice 670 Fresh Fruit OR 682 Bananas 684 Strawberry Banana Applesauce</p>
<p><b>25</b></p>  <p>MEMORIAL DAY</p>	<p><b>26</b></p> <p><b>238</b> Chicken, Turkey Pepperoni Cheese Croissant</p> <p>634 Ruby Rusher Veggie Juice 611 Bagged Baby Carrots 686 Rosati "Swee Heart" Ice 654 Raspberry Lemonade Craisins 932 Cinnamon Scooby Snacks</p>	<p><b>27</b></p> <p><b>234</b> Turkey Ham &amp; Two Cheese on Roll</p> <p>620 Salsa 140 Fiesta Bean Dip 630 Dragon Punch Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce 941 Tostitos Scoops</p>	<p><b>28</b></p> <p><b>233</b> Rotisserie Chicken &amp; Mozzarella On Brioche Bun</p> <p>706 Spinach Salad w. Tomatoes 631 Cherry Star Veggie Juice 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins 937 Apple Cinnamon Bear Grahams</p>	<p><b>29</b></p> <p><b>237</b> Italian Sandwich</p> <p>621 Celery Sticks 543 Red Pepper Hummus 632 Wango Mango Veggie Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>

**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.

# MAY 2026



## May Is Here!

May is here, bringing sunshine, fresh air, and a feeling of excitement as spring continues! Flowers are blooming, trees are full of green leaves, and the days are growing longer. May is a time to celebrate growth, hard work, and the progress we've made this year. It's also a wonderful month to enjoy nature, practice kindness, and stay focused as we get closer to the end of the school year. Let's make the most of this bright and busy month and continue to learn, grow, and shine together!

## Free Summer Meals

This summer, NDS is teaming up with community partners across Philadelphia and the surrounding counties to provide FREE meals to children 18 and under. Starting June 15th, NDS will be offering both breakfast and lunch. Meals are delivered directly to each site and are ready to be served!

If you're interested in becoming a site or would like to learn more, please contact NDS at 215-895-3470, option 1, or scan the code!



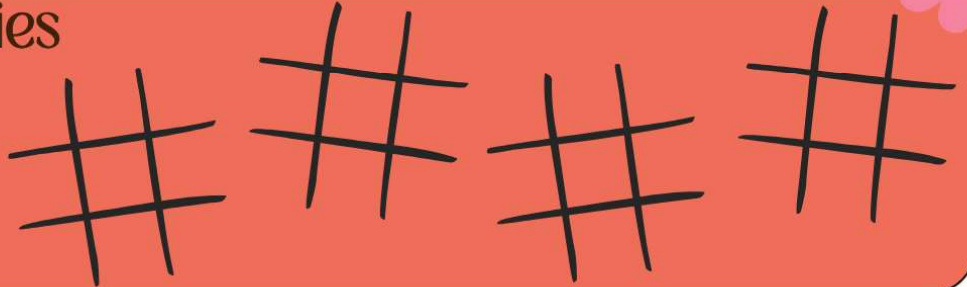
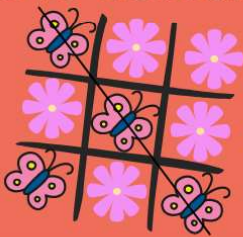
## Get Those Old Milk Cartons!

Spring is the perfect time to start a garden of your own. Using an old milk carton is a fun and easy way to plant seeds and watch them grow. In the Philadelphia area, simple plants like lettuce, radishes, herbs (such as basil or parsley), and flowers like marigolds grow well in the spring. With a little sunlight, water, and care, kids can enjoy helping their plants grow and learning how gardens work. Don't forget to share! Kids are invited to show NDS the mini gardens they created and celebrate their hard work and growing success!



## Flowers vs Butterflies

Using butterflies and flowers, challenge your friends to a game of tic-tac-toe!



## May 1st is National School Lunch Hero Day!

This special day celebrates the hardworking staff who prepare and serve healthy, delicious meals for our students every day. They are true school heroes, helping children stay fueled and ready to learn. NDS would like to say a big thank you to our amazing lunch staff for all they do!

Show your appreciation by decorating your own apron! Add kind words, drawings, or your favorite things about school lunch. When you're finished, be sure to include a big thank-you for your hardworking school lunch manager and cafeteria staff!



## Memorial Day

Every year, on the last Monday in May, our nation honors the brave servicemen and women who have passed away. To remember the lives lost, Americans wear poppies as a symbol of remembrance. The red poppy has been worn since World War I to honor those who served our country and made the ultimate sacrifice. You can honor our soldiers by making your own poppy. Follow the QR code to learn how to create a poppy and show your respect for those who served.

