






# High School Hot 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>212 Taco Triangles OR 205 Popcorn Chicken &amp; 928 Pretzel Goldfish</p> <p>623 Tater Tots 634 Ruby Rusher Veggie Juice 447 Mott's Apple White Grape 684 Strawberry Banana Applesauce</p> <p>Orange Juice Day </p>	<p><b>5</b></p> <p>268 French Bread Cheese Pizza <b>V</b></p> <p>OR</p> <p>263 5" Round Cheese Pizza <b>V</b></p> <p>622 Marinara Sauce 630 Dragon Punch Veggie Juice 649 Orange Gel Cup 658 Cherry Craisins</p>	<p><b>6</b></p> <p>284 Chicken Alfredo, Penne and Broccoli</p> <p>OR</p> <p>288 Mac &amp; Cheese w/ Broccoli <b>V</b></p> <p>630 Dragon Punch Veggie Juice </p> <p>658 Cherry Craisins 670 Fresh Fruit 909 Dinner Rolls</p>	<p><b>7</b></p> <p>201 Cheeseburger OR 220 Hot Dog &amp; 906 Hot Dog Buns</p> <p>706 Spinach Salad w. Tomatoes 623 Tater Tots 697 Sliced Apples 447 Mott's Apple White Grape</p>	<p><b>8</b></p> <p>204 Chicken Nuggets &amp; 990 Chocolate Chip Cookie OR 203 Mini Pepperoni Calzone</p> <p>611 Bagged Baby Carrots 502 "Kick It" Crunchy Puffs 541 Chocolate Hummus 670 Fresh Fruit 642 Orange Burst Raisels</p>
<p><b>11</b></p> <p>201 Cheeseburger OR 254 BBQ Rib Sandwich</p> <p>634 Ruby Rusher Veggie Juice 623 Tater Tots 654 Raspberry Lemonade Craisins 447 Mott's Apple White Grape Juice 928 Pretzel Goldfish</p>	<p><b>12</b></p> <p>253 Three Cheese Quesadilla <b>V</b></p> <p>OR</p> <p>215 Beef Taco Stick</p> <p>620 Salsa Cup 140 Fiesta Bean Dip 631 Cherry Star Veggie Juice 445 Mott's Fruit Punch 609 Mixed Fruit Cup 941 Tostitos Scoops</p>	<p><b>13</b></p> <p>263 5" Round Cheese <b>V</b> Pizza</p> <p>OR</p> <p>264 4x6 Cheese Pizza <b>V</b></p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit 446 Mott's Apple Juice </p> <p>International Hummus Day</p>	<p><b>14</b></p> <p>480 Sausage Kolache &amp; 936 Vanilla Bear Grahams OR 226 Philly Steak &amp; Cheese Pinwheel</p> <p>OR</p> <p>232 Buffalo Chicken &amp; Cheddar on Brioche Bun</p> <p>706 Spinach Salad w. Tomatoes 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 642 Orange Burst Raisels</p>	<p><b>15</b></p> <p>273 Swedish Meatballs, Noodles &amp; Broccoli &amp; 118 String Cheese</p> <p>OR</p> <p>295 Meatloaf &amp; Gravy with Mashed Potatoes</p> <p>630 Dragon Punch Veggie Juice 670 Fresh Fruit 684 Strawberry Banana Applesauce 901 Honey Biscuits</p>
<p><b>18</b></p> <p>255 Pizzaboli <b>V</b> OR 203 Mini Pepperoni Calzone</p> <p>611 Bagged Baby Carrots 634 Ruby Rusher Veggie Juice 670 Fresh Fruit 659 Watermelon Craisins</p>	<p><b>19</b></p> <p>215 Beef &amp; Cheese Taco Stick</p> <p>OR</p> <p>221 Two Cheese, Chicken Quesadilla</p> <p>OR</p> <p>234 Turkey Ham &amp; Two Cheese On Roll</p> <p>620 Salsa 140 Fiesta Bean Dip 632 Wango Mango Veggie Juice 670 Fresh Fruit 610 Papaya Mango Cup 941 Tostitos Scoops</p>	<p><b>20</b></p> <p>281 Popcorn Chicken &amp; Potatoes &amp; 928 Pretzel Goldfish</p> <p>OR</p> <p>280 Beef Burger w/ Green Beans &amp; 915 Hamburger Buns</p> <p>631 Cherry Star Veggie Juice 447 Mott's Apple White Grape Juice 641 Tropical Raisels </p> <p>World Bee Day</p>	<p><b>21</b></p> <p>204 Chicken Nuggets &amp; 932 Cinnamon Scooby Snacks OR 268 French Bread Cheese Pizza <b>V</b></p> <p>OR</p> <p>242 Chicken Turkey Ham &amp; Cheese Wedge Sandwich</p> <p>708 Spinach Salad w. Chickpeas 633 Sunset Sip Juice 697 Sliced Apples 658 Cherry Craisins</p>	<p><b>22</b></p> <p>257 Mozzarella Sticks <b>V</b> OR 256 Cheese Stuffed Breadsticks <b>V</b></p> <p>622 Marinara Sauce 630 Dragon Punch Veggie Juice 670 Fresh Fruit OR 682 Bananas 684 Strawberry Banana Applesauce</p>
<p><b>25</b></p> <p></p>	<p><b>26</b></p> <p>480 Sausage Kolache OR 212 Taco Triangles</p> <p>623 Tater Tots 634 Ruby Rusher Veggie Juice 654 Raspberry Lemonade Craisins 686 Rosati "Sweet Heart" Ice 932 Cinnamon Scooby Snacks</p>	<p><b>27</b></p> <p>209 Taco Meat OR 254 BBQ Rib Sandwich OR 234 Turkey Ham &amp; Two Cheese On Roll</p> <p>620 Salsa 630 Dragon Punch Veggie Juice 684 Strawberry Banana Applesauce 670 Fresh Fruit 944 Tostitos Top N' Go</p>	<p><b>28</b></p> <p>263 5" Round Cheese Pizza</p> <p>OR</p> <p>264 4x6 Cheese Pizza <b>V</b></p> <p>628 Broccoli 622 Marinara Sauce 670 Fresh Fruit OR 682 Bananas 658 Cherry Craisins 937 Apple Cinnamon Bear Grahams</p>	<p><b>29</b></p> <p>205 Popcorn Chicken <b>V</b> &amp; 928 Pretzel Goldfish</p> <p>OR</p> <p>251 Grilled Cheese Sandwich <b>V</b></p> <p>OR</p> <p>237 Italian Sandwich</p> <p>611 Bagged Baby Carrots 543 Red Pepper Hummus 623 Tater Tots 670 Fresh Fruit 447 Mott's Apple White Grape</p>

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.

# 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!



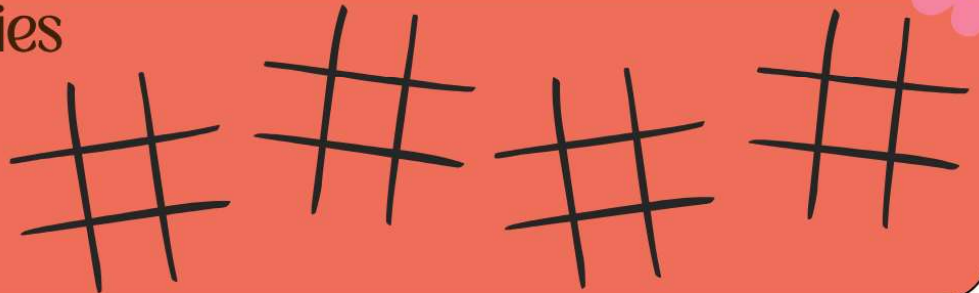
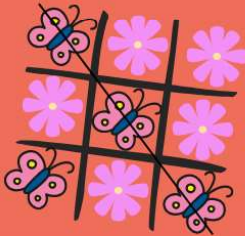
## Get Those Old Milk Cartons!

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.

