





High School Cold Lunch Menu

June 2026

"I'd berry much a-peach-iate it if you ate healthy"- Xander H. 7th 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
1	2	3	4	5
<p>232 Buffalo Chicken & Cheddar On Brioche Bun</p> <p>631 Cherry Star Veggie Juice</p> <p>620 Salsa</p> <p>670 Fresh Fruit</p> <p>658 Cherry Craisins</p> <p>941 Tostitos Scoops</p>	<p>233 Rotisserie Chicken & Mozzarella On Brioche Bun</p> <p>633 Sunset Sip Veggie Juice</p> <p>611 Bagged Baby Carrots</p> <p>541 Chocolate Hummus</p> <p>641 Tropical Raisels</p> <p>670 Fresh Fruit</p> <p>932 Cinnamon Scooby Snacks</p>	<p>251 Grilled Cheese</p> <p>634 Ruby Rusher Veggie Juice</p> <p>601 Homestyle Potato Salad</p> <p>670 Fresh Fruit</p> <p>657 Strawberry Craisins</p> <p>National Egg Day </p>	<p>236 Turkey & Two Cheese Wedge</p> <p>706 Spinach Salad w. Tomatoes</p> <p>621 Celery Sticks</p> <p>670 Fresh Fruit OR</p> <p>682 Bananas</p> <p>447 Mott's Apple White Grape Juice</p> <p>National Cheese Day </p>	<p>227 Turkey Ham, Turkey Pepperoni & Cheese</p> <p>632 Wango Mango Veggie Juice</p> <p>611 Bagged Baby Carrots</p> <p>543 Red Pepper Hummus</p> <p>670 Fresh Fruit</p> <p>446 Mott's Apple Juice</p> <p>928 Pretzel Goldfish</p>
8	9	10	11	12
<p>228 Turkey Ham & Cheese Sub</p> <p>634 Ruby Rusher Veggie Juice</p> <p>621 Celery Sticks</p> <p>670 Fresh Fruit</p> <p>659 Watermelon Craisins</p>	<p>237 Italian Sandwich</p> <p>632 Wango Mango Veggie Juice</p> <p>611 Bagged Baby Carrots</p> <p>140 Fiesta Bean Dip</p> <p>670 Fresh Fruit</p> <p>446 Mott's Apple Juice</p>	<p>234 Turkey Ham & Two Cheese on Roll</p> <p>630 Dragon Punch Veggie Juice</p> <p>602 PA Dutch Potato Salad</p> <p>670 Fresh Fruit</p> <p>654 Raspberry Lemonade Craisins</p> <p>NATIONAL BALLPOINT PEN DAY </p>	<p>242 Chicken, Turkey Ham & Cheese Wedge Sandwich</p> <p>708 Spinach Salad w. Chickpeas</p> <p>611 Bagged Baby Carrots</p> <p>670 Fresh Fruit</p> <p>447 Mott's Apple White Grape Juice</p> <p>937 Apple Cinnamon Bear Grahams</p>	<p>404 Italian Combo Wrap</p> <p>620 Salsa Cup</p> <p>631 Cherry Star Veggie Juice</p> <p>670 Fresh Fruit</p> <p>657 Strawberry Craisins</p> <p>941 Tostitos Scoops</p> <p></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.

 Catholic Charities of Philadelphia | NUTRITIONAL DEVELOPMENT SERVICES

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

JUNE 2026



Summer Time!!

As we wrap up the school year, NDS would like to thank you and our schools for your continued support of our school meals programs. It's been a pleasure serving nutritious meals each day and being a part of everyone's school experience.

NDS wishes all families and friends a safe, relaxing, and healthy summer. We look forward to welcoming everyone back next school year!

Summer This or That?

- 🏊 Pool OR Beach 🏖️
- 🍦 Ice Cream OR Popsicles 🍧
- 🏖️ Sandcastles OR Water Balloons 🎈
- 🚲 Bike Ride OR Scooter Ride 🛴
- 🎬 Movie Night OR Game Night 🎮
- 🌳 Park Picnic OR Backyard BBQ 🍔

Summer Riddle Race!

Can you solve these sunny riddles? Read carefully and see how many you can get!

I'm cold, sweet, and come in a cone.
I melt if you leave me alone!
What am I? 🍦

I shine bright and keep you warm,
but too much of me can cause sunburn!
What am I? ☀️

I fall but never get hurt.
I can make big puddles in the dirt!
What am I? 🌧️

You wear me at the beach or pool,
to help you swim and stay cool!
What am I? 🩴

Answers: Ice cream, rain, the sun, swimsuit

Check List for a Safe Summer!

School's out and sunshine is in! Here's a fun checklist to help you jump into summer mode:

- ☀️ Splash on sunscreen before heading outside
- 💧 Drink water all day stay cool and hydrated!
- 👒 Wear a hat and take shady breaks
- 🍎 Enjoy fresh, juicy fruits and summer snacks
- 🏃♀️ Run, jump, and play outside every day
- 📖 Pick a favorite book for quiet, cool-down time

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

