










Elementary School Hot Lunch Menu

April 2025

Prosper your diet and GROW! - Gabrielle N. 4th 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
31 225 Ciabatta Cheese Melt Sandwich V 623 Tater Tots 632 Wango Mango Veggie Juice 657 Strawberry Craisins	1 205 Popcorn Chicken 623 Tater Tots 670 Fresh Fruit 	2 283 Chicken Tenders & Corn World Autism Awareness Day  634 Ruby Rusher Veggie Juice 541 Chocolate Hummus 648 Strawberry Gel Cup 929 Chocolate Tiger Bites	3 204 Chicken Nuggets 706 Spinach Salad with Tomatoes 682 Bananas 932 Cinnamon Scooby Snacks 	4 251 Grilled Cheese V 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 928 Pretzel Goldfish 
7 280 Beef Burger w/ Green Beans & 915 Hamburger Buns 630 Dragon Punch Veggie Juice 670 Fresh Fruit	8 206 Fresh Toast with Sausage 623 Tater Tots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 928 Pretzel Goldfish 	9 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla School Nurse Day  620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 941 Tostitos Scoops	10 Early Dismissal @ 11:00 A.M. Confirmation @ 4:00 P.M.	11 264 4x6 Cheese Pizza V 708 Spinach Salad with Chickpeas 670 Fresh Fruit
14 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 634 Ruby Rusher Veggie Juice 670 Fresh Fruit	15 273 Swedish Meatballs, Noodles and Broccoli 630 Dragon Punch Veggie Juice 658 Cherry Craisins 909 Dinner Roll 	16 Easter Break NO SCHOOL	17 Holy Thursday NO SCHOOL	18 Good Friday NO SCHOOL
21 Easter Monday NO SCHOOL	22 269 Cheese Pizza Calzone 611 Bagged Baby Carrots 543 Red Pepper Hummus 648 Strawberry Gel 	23 282 BBQ Popcorn Chicken w/ Mashed Sweet Potato 630 Dragon Punch Veggie Juice Tropical Fruit Cup	24 255 Pizzaboli V 708 Spinach Salad with Chickpeas 682 Bananas 990 Chocolate Chip Cookie	25 216 Spicy Taco Stick OR 215 Beef & Cheese Taco Stick 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit 941 Tostitos Scoops
28 220 Hot Dog & 906 Hot Dog Buns & 611 Bagged Baby Carrots 630 Dragon Punch Veggie Juice 670 Fresh Fruit	29 203 Mini Pepperoni Calzone 	30 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla 620 Salsa 634 Ruby Rusher Veggie Juice 697 Bagged Sliced Apples 941 Tostito's Scoops	1 208 Mini Corn Dogs 708 Spinach Salad with Chickpeas 682 Bananas Holiday Cookie	2 204 Chicken Nuggets & 928 Pretzel Goldfish 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit

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.





APRIL 2025

Dear Parents, Caregivers, & Students,

April Showers Bring May Flowers! Spring is the perfect time to try new activities and feel refreshed. With colorful blooms and fresh air, it's a season of growth. At NDS, we're excited to bring the beauty of spring into our meals with seasonal fruits and amazing veggies. We look forward to providing delicious, energizing meals for students this spring. Thank you for your continued support!

Happy Earth Day!

Today is a special day to celebrate our beautiful planet! Earth Day is a time to remember how we can take care of the environment. Whether it's planting a tree, picking up litter, or saving water, there are lots of ways we can help protect nature. Let's all do our part to keep the Earth clean, green, and happy for everyone to enjoy!

Rainy Day Activities

April is a very rainy time of the year. Rainy days are perfect for staying active indoors! Try an obstacle course, dance party, or fun yoga moves. Healthy snacks like fruit kabobs or smoothies are also a great idea. Get creative with arts and crafts, build a cozy blanket fort, or have a movie marathon with favorite films and snacks. The rain might keep you inside, but your imagination can take you anywhere!

Wellness Committee

NDS is looking for members to join our Wellness Committee! Parents, PE teachers, school health professionals, and school administrators from the schools we sponsor are encouraged to participate in addition to NDS board members, the public, and other interested stakeholders.

Committee members will be responsible for updating policy language, recruiting new members, assisting with policy assessment, promoting wellness activities and policy adherence at their schools, and sharing ideas for wellness activities that schools can implement. Our next meeting will be Monday, April 28th. All meetings are virtual and held via Microsoft Teams. Please contact Jean Falk at 215-895-3470 or email jfalk@ndsarch.org for background information or other details.

Broccoli

This month NDS is highlighting a powerhouse veggie—Broccoli! This super veggie is packed with vitamins, fiber, and minerals to keep you strong and healthy! It helps boost your immune system, keeps your bones strong, and gives you energy to stay active. Whether you eat it raw, roasted, or in a stir-fry, broccoli is a tasty and super nutritious way to fuel your day!

Thank you for the
beauty of spring.
For flowers, trees, and
sunny days,
and for new life all
around us.
Help us to grow in
kindness and love.
Amen.

