







Elementary Hot Lunch Menu

JANUARY 2025

"Refine your diet, Don't be quiet!"- Luna A. 5th 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, and grains are whole grain. All items are pork free.

Monday	Tuesday	Wednesday	Thursday	Friday
13 280 Hamburger w. Green Beans & 915 Wheat Hamburger Buns 630 Dragon Punch Vegetable Juice 670 Fresh Fruit	14 206 French Toast w. Sausage & 928 Pretzel Goldfish 623 Tater Tots 634 Ruby Rusher Vegetable Juice 658 Craisins	15 221 Two Cheese, Chicken Quesadilla  620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 941 Tostitos Scoops	16 204 Chicken Nuggets & 541 Chocolate Hummus 611 Bagged Baby Carrots 670 Fresh Fruit OR 682 Bananas 931 Cinnamon Bug Bites	17 264 4x6 Cheese Pizza V 708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit
20 NO SCHOOL  27	21 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 634 Ruby Rusher Vegetable Juice 685 Rosati "Hero" Ice	22 205 Popcorn Chicken 702 Potato Smiles 697 Sliced Apples  29	23 269 Cheese Pizza Calzone V  611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit	24 212 Taco Triangles 621 Celery Sticks 541 Chocolate Hummus 658 Cherry Craisins
27 208 Mini Corn Dogs 623 Tater Tots 634 Ruby Rusher Vegetable Juice 695 Strawberry & Mango Sidekick	28 213 Chicken & BBQ Sauce S'Wich  611 Bagged Baby Carrots 543 Red Pepper Hummus 648 Strawberry Gel Cup	29 282 BBQ Popcorn Chicken w. Mashed Sweet Potato 630 Dragon Punch Vegetable Juice 657 Strawberry Craisins  31	30 203 Mini Pepperoni Calzone 708 Spinach Salad Chickpeas 682 Bananas 932 Cinnamon Scooby Snacks	31 218 Mozzarella Pinwheel V OR 226 Philly Steak & Cheese Pinwheel 620 Salsa 631 Cherry Star Vegetable Juice 697 Bagged Apple Slices 941 Tostitos Scoops

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.



JANUARY

2025

Dear Parents, Caregivers, & Students,

Happy New Year! As we say goodbye to 2024, NDS wants to take a moment to thank you for being a part of our journey. This past year was full of memorable moments, and we couldn't have done it without your support, energy, and enthusiasm! The new year allows for a fresh start, new adventures, and exciting opportunities. May 2025 bring you and your families happiness, good health, and unforgettable memories!

New Year Goals!

It's a brand new year, which means a fresh start with exciting goals and dreams! We know you're going to do some amazing things in 2025, so we thought we'd share some fun goals to inspire you:

- ❄️ 1. Stay Active and Move More! Whether it's running, jumping, playing sports, or dancing to your favorite music, try to move your body every day! Being active helps you feel strong, healthy, and full of energy!
- ❄️ 2. Try New Healthy Foods! This year, why not try a new fruit or vegetable you've never tasted before? You might discover your new favorite food. Be sure to check your lunch menus to see what new fruits or vegetables you can try!
- ❄️ 3. Be Kind and Help Others! Making someone smile can be the best part of your day! This year, set a goal to do something kind for others, whether it's helping a friend, saying something nice, or sharing with someone in need.
- ❄️ 4. Read, Explore, and Learn! Did you know that your brain is like a muscle? The more you learn, the stronger it gets! When you try new things, solve problems, or read a book, your brain creates new connections and grows smarter. Challenge yourself to learn something new every day. Whether it's math, science, or a fun new hobby, your brain will thank you for it!

A Prayer for the New Year

Thank You for the gift of a new year. We ask for Your guidance, strength, and peace as we step into this new chapter. Help us grow in love, patience, and kindness. Bless our health, our families, and our friends. May this year bring joy, purpose, and gratitude to our hearts. Amen.

