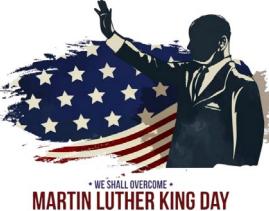


# Elementary School Hot Lunch Menu

## January 2026

"Eat your veggies every day, to be healthy in every way"- Victory C. 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
<b>255</b> Pizzaboli <b>V</b> OR  <b>611</b> Bagged Baby Carrots <b>634</b> Ruby Rusher Vegetable Juice <b>659</b> Watermelon Craisins	<b>12</b> <b>215</b> Beef & Cheese Taco Stick OR <b>221</b> Two Cheese, Chicken Quesadilla <b>620</b> Salsa Cup <b>140</b> Fiesta Bean Dip <b>747</b> Orange Citrus Blend Juice <b>941</b> Tostitos Scoops	<b>13</b> <b>281</b> Popcorn Chicken and Potatoes  <b>631</b> Cherry Star Vegetable Juice <b>641</b> Tropical Raisels	<b>14</b> <b>204</b> Chicken Nuggets <b>708</b> Spinach Salad with Chickpeas <b>670</b> Fresh Fruit	<b>15</b> <b>256</b> Cheese Stuffed Breadsticks <b>V</b> <b>622</b> Marinara Sauce <b>630</b> Dragon Punch Vegetable Juice <b>670</b> Fresh Fruit
<b>19</b> <b>NO SCHOOL</b>  <b>MARTIN LUTHER KING DAY</b>	<b>20</b> <b>480</b> Kolache (Sausage in A Pastry) & <b>990</b> Chocolate Chip Cookie  <b>634</b> Ruby Rusher Vegetable Juice <b>623</b> Tater Tots <b>642</b> Orange Burst Raisels	<b>21</b> <b>209</b> Taco Meat <b>620</b> Salsa Cup <b>140</b> Fiesta Bean Dip <b>749</b> Apple Cherry Juice <b>941</b> Tostitos Scoops	<b>22</b> <b>264</b> 4x6 Cheese Pizza <b>V</b>  <b>628</b> Broccoli <b>670</b> Fresh Fruit	<b>23</b> <b>205</b> Popcorn Chicken <b>611</b> Bagged Baby Carrots <b>543</b> Red Pepper Hummus <b>670</b> Fresh Fruit
<b>26</b> <b>224</b> Meatballs w/ Elbow Mac & Sauce <b>631</b> Cherry Star Vegetable Juice <b>670</b> Fresh Fruit <b>909</b> Dinner Rolls	<b>27</b> <b>254</b> BBQ Rib Sandwich <b>623</b> Tater Tots <b>633</b> Sunset Sip Vegetable Juice <b>641</b> Tropical Raisels	<b>28</b> <b>220</b> Hot Dog & <b>906</b> Hot Dog Buns <b>502</b> "Kick It" Crunchy Puffs <b>634</b> Ruby Rusher Vegetable Juice <b>657</b> Strawberry Craisins	<b>29</b> <b>225</b> Ciabatta Cheese Melt Sandwich <b>V</b> OR <b>261</b> Grilled Cheese <b>V</b> <b>218</b> Mozzarella Pinwheel <b>706</b> Spinach Salad with Tomatoes <b>670</b> Fresh Fruit	<b>30</b> <b>253</b> Three Chese Quesadilla <b>611</b> Bagged Baby Carrots <b>546</b> Cheesy Pizza Hummus <b>749</b> Apple Cherry Juice

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

2026

## Cheers to a Flavorful New Year!

Wishing you and your family a fresh start filled with health, happiness, and great meals. NDS is excited to serve up more delicious breakfasts, lunches, and joyful moments in 2026! Here's to a tasty and terrific year ahead!

## Lunch Time Capsule

Start the new year with a fun family activity — create your own lunch-themed time capsule! Draw your favorite school lunch, write down what you love to eat, or make a list of foods you want to try this year. Seal it up and save it to open next January and see how your tastes have changed!



## A Grape New Year Tradition!

In Spain and other countries, families celebrate New Year's Eve by eating 12 grapes at midnight — one for each chime of the clock. Each grape represents a wish for good luck in each month of the year. It's a fun way to welcome the new year with hope, laughter, and a little sweetness! This tasty tradition has been passed down through generations, reminding us to start the year with positive thoughts and good vibes.

**Grape Craft Activity:** Cut out 12 circles from purple paper or color them in with purple crayons. On each circle, write something you want to do or change in the new year. Then glue your 12 circles together to make your own bunch of grapes — a creative way to set your goals and dreams for 2026!

## Gratitude Corner

A brand new year is the perfect time to pause and think about all the good things in our lives — like friends who make us laugh, teachers who help us grow, and delicious lunches that fill our bellies. Starting 2026 with a thankful heart helps us feel happier and kinder every day. Let's look for little moments to say "thank you" and spread joy all year long!



## Make Some Noise for the New Year!

Noisemakers are a fun way to celebrate the start of a brand new year! Around the world, people use bells, shakers, horns, and clappers to fill the air with joyful sounds at midnight. The noise is meant to welcome good luck and chase away the old year.

Follow the QR code to learn how to make your own noisemaker at home and ring in the new year with cheer!

