

# 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>12</b> <b>255 Pizzaboli V</b> OR  <b>611 Bagged Baby Carrots</b> <b>634 Ruby Rusher Vegetable Juice</b> <b>659 Watermelon Craisins</b>	<b>13</b> <b>215 Beef &amp; Cheese Taco Stick</b> OR <b>221 Two Cheese, Chicken Quesadilla</b> <b>620 Salsa Cup</b> <b>140 Fiesta Bean Dip</b> <b>747 Orange Citrus Blend Juice</b> <b>941 Tostitos Scoops</b>	<b>14</b> <b>281 Popcorn Chicken and Potatoes</b>   <b>631 Cherry Star Vegetable Juice</b> <b>641 Tropical Raisels</b>	<b>15</b> <b>204 Chicken Nuggets</b> <b>708 Spinach Salad with Chickpeas</b> <b>670 Fresh Fruit</b>	<b>16</b> <b>256 Cheese Stuffed Breadsticks V</b> <b>622 Marinara Sauce</b> <b>630 Dragon Punch Vegetable Juice</b> <b>670 Fresh Fruit</b>
<b>19</b> <b>NO SCHOOL</b>  <b>MARTIN LUTHER KING DAY</b>	<b>20</b> <b>480 Kolache (Sausage in A Pastry) &amp; 990 Chocolate Chip Cookie</b>  <b>634 Ruby Rusher Vegetable Juice</b> <b>623 Tater Tots</b> <b>642 Orange Burst Raisels</b>	<b>21</b> <b>209 Taco Meat</b> <b>620 Salsa Cup</b> <b>140 Fiesta Bean Dip</b> <b>749 Apple Cherry Juice</b> <b>941 Tostitos Scoops</b>	<b>22</b> <b>264 4x6 Cheese Pizza V</b>   <b>628 Broccoli</b> <b>670 Fresh Fruit</b>	<b>23</b> <b>205 Popcorn Chicken</b> <b>611 Bagged Baby Carrots</b> <b>543 Red Pepper Hummus</b> <b>670 Fresh Fruit</b>
<b>26</b> <b>224 Meatballs w/ Elbow Mac &amp; Sauce</b> <b>631 Cherry Star Vegetable Juice</b> <b>670 Fresh Fruit</b> <b>909 Dinner Rolls</b>	<b>27</b> <b>254 BBQ Rib Sandwich</b> <b>623 Tater Tots</b> <b>633 Sunset Sip Vegetable Juice</b> <b>641 Tropical Raisels</b>	<b>28</b> <b>220 Hot Dog &amp; 906 Hot Dog Buns</b> <b>502 "Kick It" Crunchy Puffs</b> <b>634 Ruby Rusher Vegetable Juice</b> <b>657 Strawberry Craisins</b>	<b>29</b> <b>225 Ciabatta Cheese Melt Sandwich V</b> OR <b>261 Grilled Cheese V</b> OR <b>218 Mozzarella Pinwheel</b> <b>706 Spinach Salad with Tomatoes</b> <b>670 Fresh Fruit</b>	<b>30</b> <b>253 Three Cheese Quesadilla V</b> <b>611 Bagged Baby Carrots</b> <b>546 Cheesy Pizza Hummus</b> <b>749 Apple Cherry Juice</b>

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!

