Elementary School Hot Lunch Menu March 2025

"Healthy Food RULE like a KING!!"- Robbie C. 4th Grade @ St. Peter the Apostle

enu 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 **Wednesday** Friday **Tuesday** Thursday **212** Taco 256 Cheese Stuffed 269 Cheese Pizza **205** Popcorn Chicken **V** 267 Mozzarella & 931 Cinnamon Bug Triangles Calzone **V** Breadsticks V Sticks Bites 622 Marinara Sauce OR 708 Spinach Salad with 611 Bagged Baby Carrots 212 Chickpeas 543 Red Pepper Hummus 684 Strawberry Banana 670 Fresh Fruit Applesauce 620 Salsa Cup **622** Marinara Sauce 630 Dragon Punch 634 Ruby Rusher Vegetable Juice Vegetable Juice 749 Strawberry Craisins 670 Fresh Fruit 702 Potato Smiles 909 Dinner Roll 697 Sliced Apples 10 11 13 14 225 Ciabatta Cheese POT LUCK DAY 255 Pizzaboli 218 Mozzarella Melt Sandwich V Pinwheel V 208 Mini Corn Dogs 623 Tater Tots 611 Bagged Baby Carrots 630 Dragon Punch 620 Salsa Cup 631 Cherry Star Vegetable 546 Cheesy Pizza Hummus 543 Red Pepper Hummus Vegetable Juice 695 Strawberry & Mango 648 Strawberry Gel Cup 657 Strawberry Craisins Juice International School Meals Day Sidekick 697 Sliced Apples 706 Spinach Salad w. 928 Pretzel Goldfish 941 Tostitos Scoops Cherry Tomatoes eaistered Dietician Nutritionist Day 682 Bananas 990 Chocolate Chip Cookie 17 19 20 18 21 280 Beef Burger with 203 Mini Pepperoni 215 Beef & Cheese 257 Mozzarella Sticks V **204** Chicken Nuggets Calzone Green Beans 706 Spinach Salad w. 622 Marinara Sauce Taco Stick & 915 Hamburger Buns 623 Tater Tots Cherry Tomatoes 630 Dragon Punch OR **543** Red Pepper Hummus 682 Bananas Vegetable Juice *НАРРУ 🕊 221 Two Cheese, 657 Strawberry Craisins 932 Cinnamon Scooby 670 Fresh Fruit Chicken Quesadilla 928 Pretzel Goldfish Snacks 611 Bagged Baby Carrots 620 Salsa 546 Cheesy Pizza Hummus 634 Ruby Rusher 686 Rosati "Hero" Ice World Down Syndrome Day Vegetable Juice 993 Holiday Cookie 670 Fresh Fruit 941 Tostitos Scoops 25 26 27 28 206 French Toast with 256 Cheese Stuffed 207 Cheese Ravioli V 263 5" Round Cheese **220** Hot Dog & 906 Hot Dog Buns & 909 Dinner Rolls Sausage Pizza **V** Breadsticks V 708 Spinach Salad w. **702** Potato Smiles & 623 Tater Tots 622 Marinara Sauce 611 Bagged Baby Carrots 634 Ruby Rusher Chickpeas 658 Cherry Craisins 632 Wango Mango **543** Red Pepper Hummus Vegetable Juice 670 Fresh Fruit OR Vegetable Juice 607 Mango Fruit Cup 689 Strawberry Applesauce 682 Bananas 650 Strawberry 932 Cinnamon Scooby Banana Smoothie Snacks nal Spinach

V= Vegetarian Options



Nutritional Development Services Archdiocese of Philadelphia 222 N 17th St, Philadelphia, PA 19103 215-895-3470, option 1

<u>PLEASE READ CAREFULLY</u> - 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.

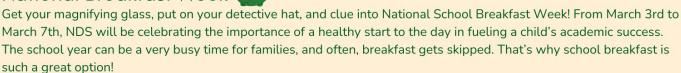


Dear Parents, Caregivers, & Students,

This month, we are excited to celebrate not only St. Patrick's Day but also National Breakfast Week! At NDS, we are dedicated to providing students with a wonderful meal to start their day.

As we embrace the season, we are reminded of the symbolism of the three-leaf clover. The shamrock, a three-leaf clover, has been associated with Ireland for centuries. Known as the "seamroy" by the Celts, it was considered a sacred plant symbolizing the arrival of spring. Legend says that each leaf of the clover represents Hope, Faith, Love, and Luck. While the odds of finding a four-leaf clover are 1 in 10,000, we can assure you that the odds of students enjoying a great meal with NDS are always 100%. We look forward to sharing a memorable month filled with delicious meals and fun celebrations with your children!

National Breakfast Week



It has been shown that students who eat school breakfast tend to have better attendance rates, fewer behavioral problems, higher levels of achievement in reading and math, and score better on standardized tests. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day.

Make sure to stop by your school breakfast to find your clues to starting a great day!

National Wellness Month

March is National Wellness Month! It's the perfect time to focus on physical, mental, and emotional well-being. During this month, NDS is encouraging students to create healthy habits that will last long after March is over. These habits can include getting 8 hours of sleep, practicing mindfulness and meditation, eating a balanced diet, and engaging in regular exercise. At NDS, we support these efforts by providing students with healthy meals that include a variety of foods from all five food groups: fruits, vegetables, whole grains, protein, and dairy. Fuel up during the month with NDS breakfast & lunch!



Did you know U.S. cows produce about 21 billion gallons of milk annually? In March, we celebrate the benefits of milk, which is produced by family-owned farms in every state. With new technology, farmers keep cows healthy while providing milk rich in protein, calcium, and vitamins A & D—great for strong bones and teeth. Fun fact: Chocolate milk helps rehydrate and refuel muscles after a workout!

