

Elementary School Hot Lunch Menu

May 2025

"Step up your game with more vegetables!" - Cain L. 5th Grade @ Nazareth Academy

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
5 206 French Toast with Sausage 623 Tater Tots 543 Red Pepper Hummus 658 Cherry Craisins	6 242 Chicken Turkey, Ham, & Cheese Wedge Sandwich 634 Ruby Rusher Veggie Juice 543 Red Pepper Hummus 684 Strawberry Banana Applesauce 932 Cinnamon Scooby Snacks 	7 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 632 Wango Mango Veggie Juice 670 Fresh Fruit	8 207 Cheese Ravioli V & 909 Dinner Rolls 708 Spinach Salad with Chickpeas 682 Bananas 	9 263 5" Round Cheese Pizza V 611 Bagged Baby Carrots 543 Red Pepper Hummus 749 Apple Cherry Juice 932 Cinnamon Scooby Snacks
12 220 Hot Dog & 906 Hot Dog Buns  611 Bagged Baby Carrots 623 Tater Tots 670 Fresh Fruit	13 205 Popcorn Chicken  611 Bagged Baby Carrots 623 Tater Tots 670 Fresh Fruit	14 283 Chicken Tenders & Corn 611 Bagged Baby Carrots 541 Chocolate Hummus 749 Apple Cherry Juice 929 Chocolate Tiger Bites	15 204 Chicken Nuggets 708 Spinach Salad w. Chickpeas 682 Bananas	16 218 Mozzarella Pinwheel V  623 Tater Tots 632 Wango Mango Veggie Juice 657 Strawberry Craisins
19 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla 620 Salsa 631 Cherry Star Veggie Juice 658 Cherry Craisins 941 Tostitos Scoops	20 205 Popcorn Chicken  623 Tater Tots 633 Sunset Sip Veggie Juice 686 Rosati "Hero" Water Ice 929 Chocolate Tiger Bites	21 283 Chicken Tenders & Corn 630 Dragon Punch Veggie Juice 670 Fresh Fruit	22 209 Taco Meat OR 708 Spinach Salad with Chickpeas 682 Bananas 941 Tostitos Scoops	23  World Turtle Day Memorial Day Weekend NO SCHOOL 
26 	27 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 634 Ruby Rusher Veggie Juice 658 Cherry Craisins 	28 205 Popcorn Chicken & 931 Cinnamon Bug Bites 623 Tater Tots 697 Bagged Sliced Apples	29 269 Cheese Pizza Calzone V 611 Bagged Baby Carrots 543 Red Pepper Hummus 670 Fresh Fruit	30 226 Philly Cheesesteak Pinwheel 632 Wango Mango Veggie Juice 541 Chocolate Hummus 657 Strawberry Craisins 931 Cinnamon Bug Bites

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.

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Dear Parents, Caregivers, & Students,

As we embrace the season of renewal and fresh beginnings, we want to take a moment to express our heartfelt gratitude to all the families, administration, and lunch managers who help the NDS Lunch & Breakfast Programs thrive. Every meal served is crafted with care, and it's because of your continued support that we are able to nourish and bring joy to our community each day.

This spring, we're sending you a bouquet of appreciation, filled with gratitude and warmth. Your involvement is what makes the program so special, and we truly value the role you play in making it all come together. Thank you for being such a vital part of our success!

Asparagus

Asparagus is the only vegetable that knows how to spearhead a healthy meal! This month, we're focusing on the power of the mighty stalk—packed with nutrients and ready to fuel your day! Asparagus is full of vitamins and minerals like vitamin K, which helps keep your bones strong, and folate, which gives you the energy to play all day!

Free Summer Meals

This summer, NDS is teaming up with community partners across Philadelphia and the surrounding counties to provide FREE meals to children 18 and under. From June 16th to August 22nd, NDS will be offering both breakfast and lunch. Meals are delivered directly to each site and are ready to be served! If you're interested in becoming a site or would like to learn more, please contact NDS at 215-895-3470, option 1, or scan the code!



School Lunch Hero

May 2nd is National School Lunch Hero Day! This special day honors the hard-working men and women who serve our students delicious, healthy meals every day. They are the unsung heroes in our school, ensuring that each child receives the nourishment they need to succeed in the classroom. NDS wants to take a moment to express our heartfelt gratitude to the incredible staff who make our lunch program possible. Their dedication and care are truly appreciated!

Lord, we remember the women who have shown us love and care, especially our mothers and grandmothers. Please bless them and surround them with Your love and kindness.

Amen

