

Elementary School Hot Lunch Menu

November 2025

"Sail away to a healthy lunch!"- Amadou B. 4th Grade @ Vision Academy School

Menu is subject to change, 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
3 251 Grilled Cheese V 630 Dragon Punch Vegetable Juice 543 Red Pepper Hummus 670 Fresh Fruit 937 Apple Cinnamon Bear Grahams	4 NO SCHOOL Mrs. Kirk Funeral	5 206 French Toast with Sausage 702 Potato Smiles 697 Bagged Sliced Apples	6 NO SCHOOL – Pre-K - 2nd Grade Outdoor Adventure Lab Field Trip 3rd-8th Grade	7 257 Mozzarella Sticks V 632 Wango Mango Vegetable Juice 622 Marinara Sauce 706 Spinach Salad with Tomatoes 670 Fresh Fruit OR 682 Bananas
10 255 Pizzaboli V 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit	11 220 Hot Dog & 906 Hot Dog Buns 702 Potato Smiles 752 Fruit Punch Juice 	12 205 Popcorn Chicken 611 Bagged Baby Carrots 543 Red Pepper Hummus 659 Watermelon Craisins 928 Pretzel Goldfish	13 264 4x6 Cheese Pizza V 708 Spinach Salad with Chickpeas 648 Strawberry Gel Cup 	14 204 Chicken Nuggets & 932 Cinnamon Scooby Snacks 623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 
17 256 Cheese Stuffed Breadsticks V  622 Marinara Sauce 630 Dragon Punch Vegetable Juice 684 Strawberry Banana Applesauce	18 203 Mini Pepperoni Calzone 611 Bagged Baby Carrots 541 Chocolate Hummus 749 Apple Cherry Juice	19 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla 620 Salsa 631 Cherry Star Veggie Juice 670 Fresh Fruit	20 269 Cheese Pizza Calzone 706 Spinach Salad with Tomatoes 657 Strawberry Craisins	21 220 Hot Dog & 906 Hot Dog Buns 623 Tater Tots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 928 Pretzel Goldfish or 932 Cinnamon Scooby Snacks
24 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 686 Rosati "Hero" Ice 993 Holiday Cookie	25 255 Pizzaboli V 622 Marinara Sauce 631 Cherry Star Vegetable Juice 657 Strawberry Craisins 941 Tostitos Scoops	26 NO SCHOOL Thanksgiving Break	27-28 	

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.

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



NOVEMBER

2025



DEAR PARENTS, CAREGIVERS, & STUDENTS,

This Thanksgiving, NDS is stuffed with gratitude just like your favorite pie! We're so thankful for the chance to serve up tasty meals, share smiles, and fuel your days with love, and maybe a few veggies too! You bring the joy, we bring the lunch—and together, we make school delicious. Wishing you a break full of laughter, leftovers, and lots of mashed potatoes!

NATIONAL CHILDREN'S BOOK WEEK

Get ready to turn the page on fun! The week of Nov 3rd to the 9th we're celebrating the power of stories, imagination, and all the amazing books that help us learn and grow. Whether you love silly tales, magical adventures, or books about real-life heroes, there's something for everyone. So grab a book, share a story, and let your imagination soar! Let NDS know about all of the amazing books you have read!

BREAD IN A BAG!

Grab your apron and get ready to bake! Celebrate National Homemade Bread Day on November 17th with a super easy 5-ingredient bread recipe you can make at home in A BAG with family and friends. Mix, bake, and enjoy warm, homemade bread together!

Ingredients:



- 3 cups flour
- 1/4 cup sugar
- 1 packet yeast (rapid or regular)
- 1/4 cup unsalted butter, melted
- 1 teaspoon salt (to taste)

Instructions:

- Combine 1 cup flour, 1/4 cup sugar, and yeast packet in a resealable bag.
- Add 1 cup of warm water. Seal the bag, pressing out air.
- Begin shaking and mixing the bag by hand.
- Set the bag to rest for 10 minutes (proofing).
- In a bowl, combine 1 cup of flour with salt. Pour into the bag along with melted butter.
- Seal the bag again, pressing out air. Shake and mix again.
- Open bag and add in last cup of flour.
- Seal bag, and mix for the final time.
- Pull out dough and place on a floured surface. With floured hands, knead the dough for 5-10 minutes
- Place the dough in a greased loaf pan.
- Lay a towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30-45 minutes to rise.
- Bake at 375 for 25 minutes.



THANKSGIVING SCRAMBLE

Unscramble the Thanksgiving words!

YRTUKE →

IPMUNPK →

GIVGINTHAKS →

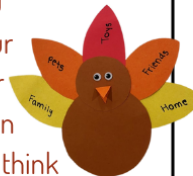
EIP →

NROC →

YFLIMA →

GRADITUDE CORNER

Thanksgiving is all about saying THANK YOU! What are you thankful for this year? Your family? Your friends? Your favorite snack? Maybe even recess! Take a moment to think about what makes you smile, put it on your thankful turkey and share it with someone!



RIDDLE ME THIS

I sit on the table, golden and round, Sometimes sweet, sometimes savory, I'm flavor-bound. I'm sliced and served with a dollop of cream, In autumn I reign, like a pie-lover's dream. What am I?



PUMPKIN PIE!