

Elementary School Hot Lunch Menu

October 2025

"Arrgh, Matey!" A healthy plate is a treasure." - Emily G. 2nd Grade @ St. Laurentius

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
29 284 Chicken Alfredo, Penne and Broccoli OR 286 Penne w/ Meat Sauce & Italian Vegetables 634 Ruby Rusher Vegetable Juice 752 Fruit Punch Juice 909 Dinner Rolls	30 225 Ciabatta Cheese Melt Sandwich V 622 Marinara Sauce 631 Cherry Star Vegetable Juice 670 Fresh Fruit	1 205 Popcorn Chicken 611 Bagged Baby Carrots 543 Red Pepper Hummus 659 Watermelon Craisins 928 Pretzel Goldfish	2 264 4x6 Cheese Pizza V  708 Spinach Salad with Chickpeas 648 Strawberry Gel Cup	3 204 Chicken Nuggets & 932 Cinnamon Scooby Snacks 623 Tater Tots 630 Dragon Punch Vegetable Juice 670 Fresh Fruit
6 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 684 Strawberry Banana Applesauce	7 203 Mini Pepperoni Calzone 611 Bagged Baby Carrots 541 Chocolate Hummus 749 Apple Cherry Juice	8 215 Beef & Cheese Taco Stick OR 221 Two Cheese, Chicken Quesadilla 620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit	9 226 Philly Steak & Cheese Pinwheel 706 Spinach Salad with Tomatoes 657 Strawberry Craisins	10 220 Hot Dog & 906 Hot Dog Buns 623 Tater Tots 546 Cheesy Pizza Hummus 752 Fruit Punch Juice 928 Pretzel Goldfish
13 204 Chicken Nuggets & 928 Pretzel Goldfish 623 Tater Tots 634 Ruby Rusher Vegetable Juice 752 Fruit Punch Juice 	14 215 Beef & Cheese Taco Stick 620 Salsa 631 Cherry Star Vegetable Juice 658 Cherry Craisins 941 Tostitos Scoops	15 257 Mozzarella Sticks V 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 654 Raspberry Lemonade Craisins National School Lunch Week 	16 220 Hot Dog & 906 Hot Dog Buns 611 Bagged Baby Carrots 541 Chocolate Hummus 682 Bananas	17 263 5'' Round Cheese Pizza V 708 Spinach Salad with Chickpeas 670 Fresh Fruit
20 256 Cheese Stuffed Breadsticks V 622 Marinara Sauce 630 Dragon Punch Vegetable Juice 608 Tropical Fruit Cup	21 212 Taco Triangles 611 Bagged Baby Carrots 543 Red Pepper Hummus 752 Fruit Punch Juice	22 226 Philly Steak & Cheese Pinwheel 205 Popcorn Chicken 623 Tater Tots 631 Cherry Star Vegetable Juice 670 Fresh Fruit	23 Early Dismissal @ 11:00 A.M. Parent/Teacher Conferences	24 Parent/Teacher Conferences NO SCHOOL
27 209 Taco Meat & 941 Tostitos Scoops 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 750 Apple Juice	28 269 Cheese Pizza Calzone V 702 Potato Smiles 670 Fresh Fruit	29 207 Cheese Ravioli V & 630 Dragon Punch Vegetable Juice & 909 Dinner Rolls 621 Celery Sticks 670 Fresh Fruit	30 204 Chicken Nuggets 708 Spinach Salad with Chickpeas 682 Bananas	31 256 Cheese Stuffed Breadsticks V 631 Cherry Star Vegetable Juice 622 Marinara Sauce 686 Rosati "Hero" Ice 993 Holiday Cookie 

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.





OCTOBER 2025



Dear Parents, Caregivers, & Students

As the leaves turn, NDS is serving up warm, nutritious meals to keep students energized all month long. Thank you for your continued support in making healthy choices a part of every school day. NDS is excited to celebrate the season with comforting favorites and a few festive surprises!

Healthy Swaps

Hey explorers! Ready to fuel up for your next big adventure? Swap out sugary snacks for tasty treats from around the globe—like crunchy carrots from the USA, juicy mangoes from India, or sweet potato fries inspired by African cuisine. Sip on sparkling water with fruit like they do in Italy, and try banana “nice cream” for a tropical twist from the islands. Healthy swaps help you stay energized for every journey—whether you’re climbing mountains or just conquering the playground!

Fun Facts

Apples are 25% air and 75% water, which allows them to float above the water. This makes them perfect for bobbing for apples!

National Lunch Week

National School Lunch Week is a fun time to celebrate the tasty, healthy meals we enjoy at school—and to thank the awesome cafeteria staff who make it all happen! This year’s theme, “Taste the World: Your School Lunch Passport,” invites students to explore global cuisines and share stories about their favorite international foods. From October 13th to 17th, we’ll celebrate the flavors that bring us together and learn more about the cultures behind every bite!

Get Ready to Taste the World!

Pass the Plate!

Apples are a great source of fiber and vitamin C—perfect for a healthy snack! Take a look at how students around the world eat their apples!



Vietnamese Apple Rose Tart



Celebrating Rosh Hashanah



Greek Milopita Kia

Gratitude Corner

As part of our celebration of healthy meals and community spirit, students are invited to share what they’re thankful for! From your favorite foods to the friendly faces who serve lunch each day, this space is all about recognizing the people and moments that make lunchtime special.

