



MIDDLE AND HIGH SCHOOL BREAKFAST

OCTOBER 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>312 Eggo Maple Mini Pancakes OR 315 Apple Cinnamon Texas Toast OR 316 Maple Mini Pancakes</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>1</p> <p>328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel OR 316 Maple Mini Pancakes</p> <p>648 Strawberry Gel Cup 670 Fresh Fruit 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>2</p> <p>329 Honey Cheerios Cereal OR 307 Cherry Frudel OR 316 Maple Mini Pancakes</p> <p>446 Mott's Apple Juice 688 Orange Mango Applesauce 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>3</p> <p>317 Confetti Mini Pancakes OR 922 Granola w/ Cinnamon & 138 Blueberry Yogurt OR 316 Maple Mini Pancakes</p> <p>670 Fresh Fruit 659 Watermelon Craisins 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>4</p> <p>320 Corn Muffin OR 364 Mini Cinni Pull-A-Part OR 316 Maple Mini Pancakes</p> <p>670 Fresh Fruit 645 Pineapple Cup 382 Cinnamon Toast Crunch Bar BK Kit</p> 
<p>7</p> <p>334 Cinnamon Toast Crunch Cereal OR 137 Peach Yogurt & 922 Granola w/ Cinnamon</p> <p>446 Mott's Apple Juice 670 Fresh Fruit 380 Blueberry Pomegranate Granola Bar BK Kit</p>	<p>8</p> <p>316 Eggo Maple Mini Pancakes OR 338 French Toast Sticks OR 329 Honey Cheerios Cereal</p> <p>657 Strawberry Craisins 670 Fresh Fruit 380 Blueberry Pomegranate Granola Bar BK Kit</p>	<p>9</p> <p>323 Apple Cinnamon Muffin OR 368 Plain Bagel OR 329 Honey Cheerios Cereal</p> <p>609 Mixed Fruit Cup 670 Fresh Fruit 380 Blueberry Pomegranate Granola Bar BK Kit</p>	<p>10</p> <p>134 Cherry Vanilla Yogurt & 311 Apple Jacks Pouch OR 365 Mini Cinni Caramel Pull-A-Part OR 329 Honey Cheerios Cereal</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice 380 Blueberry Pomegranate Granola Bar BK Kit</p>	<p>11</p> <p>308 Strawberry Mini Bagel OR 317 Confetti Mini Bagels Raisin Bagel OR 329 Honey Cheerios Cereal</p> <p>689 Strawberry Applesauce 670 Fresh Fruit 380 Blueberry Pomegranate Granola Bar BK Kit</p>
<p>14</p> <p>324 Cocoa Puffs Cup OR 366 Blueberry Bagel OR 334 Cinnamon Toast Crunch Cereal</p> <p>649 Orange Gel Cup 670 Fresh Fruit 390 Chocolate Chip Muffin BK Kit</p> 	<p>15</p> <p>316 Maple Mini Pancakes OR 307 Cherry Frudel OR 334 Cinnamon Toast Crunch Cereal</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice 390 Chocolate Chip Muffin BK Kit</p>	<p>16</p> <p>328 Chocolate Chip Muffin OR 327 Maple Mini Waffles OR 334 Cinnamon Toast Crunch Cereal</p> <p>447 Mott's Apple White Grape Juice 752 Fruit Punch Juice 390 Chocolate Chip Muffin BK Kit</p>	<p>17</p> <p>369 Mini French Toast Berry Blast OR 365 Mini Cinni Caramel Pull-A-Part OR 334 Cinnamon Toast Crunch Cereal</p> <p>697 Sliced Apples 446 Mott's Apple Juice 390 Chocolate Chip Muffin BK Kit</p>	<p>18</p> <p>327 Eggo Maple Mini Waffles OR 329 Honey Cheerios Cup OR 334 Cinnamon Toast Crunch Cereal</p> <p>670 Fresh Fruit 688 Orange Mango Applesauce 390 Chocolate Chip Muffin BK Kit</p>
<p>NATIONAL SCHOOL LUNCH WEEK</p>				
<p>21</p> <p>317 Confetti Mini Pancakes OR 262 Turkey Sausage Breakfast Pizza Bagel OR 328 Chocolate Chip Muffin</p> <p>658 Cherry Craisins 670 Fresh Fruit 385 Trix BK Kit</p>	<p>22</p> <p>319 Orange Cranberry Muffin OR 367 Cinnamon Raisin Bagel OR 328 Chocolate Chip Muffin</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice 385 Trix BK Kit</p>	<p>23</p> <p>334 Cinnamon Toast Crunch Cup OR 306 Apple Baked Frudel OR 328 Chocolate Chip Muffin</p> <p>644 Pear Cup 670 Fresh Fruit 385 Trix BK Kit</p>	<p>24</p> <p>308 Strawberry Mini Bagel OR 311 Apple Jacks Pouch & 136 Vanilla Yogurt OR 328 Chocolate Chip Muffin</p> <p>670 Fresh Fruit 648 Strawberry Gel Cup 385 Trix BK Kit</p>	<p>25</p> <p>332 Apple Cinnamon Muffin OR 318 Cinnamon Mini Waffles OR 328 Chocolate Chip Muffin</p> <p>670 Fresh Fruit 447 Mott's Apple White Grape Juice 385 Trix BK Kit</p> <p style="text-align: center;">325 FIND YOUR TREASURE!</p>
<p>28</p> <p>304 Cinnamon Frosted Flakes Cup OR 136 Vanilla Yogurt & 921 Granola OR 317 Confetti Mini Pancakes</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice 391 Blueberry Muffin BK Kit</p>	<p>29</p> <p>318 Cinnamon Mini Waffles OR 321 Banana Muffin OR 317 Confetti Mini Pancakes</p> <p>608 Tropical Fruit Cup 670 Fresh Fruit 391 Blueberry Muffin BK Kit</p>	<p>30</p> <p>320 Corn Muffin OR 369 Mini French Toast Berry Blast OR 317 Confetti Mini Pancakes</p> <p>670 Fresh Fruit 446 Mott's Apple Juice 391 Blueberry Muffin BK Kit</p>	<p>31</p> <p>351 Cinnamon Toast Crunch Bar OR 316 Maple Mini Pancakes OR 317 Confetti Mini Pancakes</p> <p>657 Strawberry Craisins 670 Fresh Fruit 391 Blueberry Muffin BK Kit</p>	<p>1</p> <p>327 Maple Mini Waffles OR 315 Apple Cinnamon Texas Toast OR 317 Confetti Mini Pancakes</p> <p>670 Fresh Fruit 752 Fruit Punch Juice 391 Blueberry Muffin BK Kit</p>

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

2024

DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!



PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!



PRAYER CORNER

Thank you for the food you provide for us and all those who have helped to bring it to us. May the sharing of this meal strengthen the bonds of friendship, hope and trust between us. Amen.

FOLLOW US!



schoolmealsnds



NDS School Lunch Program