


















MIDDLE & HIGH SCHOOL BREAKFAST MENU

December 2024

"Cheer on your team and eat GREEN!" - Bella P, 7th grade @ Holy Trinity

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>2</p> <p>317 Confetti Mini Pancake OR 328 Chocolate Chip Muffin OR 262 Turkey Sausage Breakfast Pizza</p> <p>670 Fresh Fruit 658 Cherry Craisins 385 Trix BK Kit</p>	<p>3</p> <p>319 Orange Cranberry Muffin OR 328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel</p> <p>445 Mott's Fruit Punch Juice 670 Fresh Fruit 385 Trix BK Kit</p> <p> Giving Tuesday</p>	<p>4</p> <p>334 Cinnamon Toast Crunch Cereal OR 328 Chocolate Chip Muffin OR 306 Apple Baked Frudel (Heat) 670 Fresh Fruit 644 Dole Pear Cup 385 Trix BK Kit</p> <p></p>	<p>5</p> <p>308 Strawberry Mini Bagel OR 328 Chocolate Chip Muffin OR 136 Vanilla Yogurt & 311 Apple Jacks Pouch</p> <p>648 Dole Strawberry Gel Cup 670 Fresh Fruit 385 Trix BK Kit</p> <p> International Volunteer Day</p>	<p>6</p> <p>323 Apple Cinnamon Muffin OR 328 Chocolate Chip Muffin OR 318 Cinnamon Waffles</p> <p>446 Mott's Apple Juice 670 Fresh Fruit 385 Trix BK Kit</p>
<p>9</p> <p>324 Coco Puffs Cup OR 317 Confetti Mini Pancakes OR 138 Blueberry Yogurt & 921 Granola</p> <p>445 Mott's Fruit Punch Juice 670 Fresh Fruit 391 Blueberry Muffin BK Kit</p>	<p>10</p> <p>318 Cinnamon Mini Waffles OR 317 Confetti Mini Pancakes OR 321 Banana Muffin</p> <p> National Pastry Day</p> <p>608 Tropical Fruit Cup 670 Fresh Fruit 391 Blueberry Muffin BK Kit</p>	<p>11</p> <p>National Cookie Day</p> <p>320 Corn Muffin OR 317 Confetti Mini Pancakes OR 369 Mini French Toast Berry Blast</p> <p>446 Mott's Apple Juice 670 Fresh Fruit 391 Blueberry Muffin BK Kit</p>	<p>12</p> <p>351 Cinnamon Toast Crunch Bar OR 317 Confetti Mini Pancakes OR 316 Maple Mini Pancakes</p> <p> Gingerbread House Day</p> <p>670 Fresh Fruit 657 Strawberry Craisins 391 Blueberry Muffin BK Kit</p>	<p>13</p> <p>327 Maple Mini Waffles OR 317 Confetti Mini Pancakes OR 315 Apple Cinnamon Texas Toast</p> <p>447 Mott's Apple White Grape Juice 670 Fresh Fruit 391 Blueberry Muffin BK Kit</p>
<p>16</p> <p>316 Maple Mini Pancakes OR 320 Corn Muffin OR 136 Vanilla Yogurt & 337 Raspberry Churro</p> <p>648 Dole Strawberry Gel Cup 670 Fresh Fruit 384 Cinnamon Toast Crunch BK Kit</p>	<p>17</p> <p>325 Cinnamon Chex Cup OR 320 Corn Muffin OR 239 Chicken Sausage/ Cheese Waffle Sandwich (Hot)</p> <p>445 Mott's Fruit Punch Juice 670 Fresh Fruit 384 Cinnamon Toast Crunch BK Kit</p>	<p>18</p> <p>369 Pillsbury Mini French Toast Berry Blast OR 320 Corn Muffin OR 321 Banana Muffin</p> <p>654 Raspberry Lemonade Craisins 670 Fresh Fruit 384 Cinnamon Toast Crunch BK Kit</p>	<p>19</p> <p>322 Blueberry Muffin OR 320 Corn Muffin OR 306 Apple Baked Frudel (Hot)</p> <p>446 Mott's Apple Juice 670 Fresh Fruit 384 Cinnamon Toast Crunch BK Kit</p>	<p>20</p> <p>352 Cocoa Puff Bar OR 320 Corn Muffin OR 366 Blueberry Bagel</p> <p>447 Mott's Apple White Grape Juice 670 Fresh Fruit 384 Cinnamon Toast Crunch BK Kit</p>
<p>23</p> <p></p>	<p>24</p> <p></p>	<p>25</p> <p></p>	<p>26</p> <p></p> <p></p>	<p>27</p> <p></p>
<p>30</p> <p></p>	<p>31</p> <p></p>	<p>1</p> <p></p>	<p>2</p> <p></p> <p></p>	<p>3</p> <p></p>
<p>6</p> <p>136 Vanilla Yogurt & 312 Fruit Loops Pouch OR 316 Maple Mini Pancakes OR 324 Cocoa Puffs Cup</p> <p>445 Mott's Fruit Punch Juice 688 Orange Mango Applesauce 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>7</p> <p>329 Honey Cheerios Cup OR 316 Maple Mini Pancakes OR 367 Cinnamon Raisin Bagel</p> <p>447 Mott's Apple White Grape Juice 659 Watermelon Craisins 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>8</p> <p>369 Pillsbury Mini French Toast Berry Blast OR 316 Maple Mini Pancakes OR 307 Cherry Frudel (Heat)</p> <p>690 Apple Crisp OR 657 Strawberry Craisins 670 Fresh Fruit 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>9</p> <p>321 Banana Muffin OR 316 Maple Mini Pancakes OR 138 Blueberry Yogurt & 922 Granola w. Cinnamon</p> <p>446 Mott's Apple Juice 670 Fresh Fruit 382 Cinnamon Toast Crunch Bar BK Kit</p>	<p>10</p> <p>320 Corn Muffin OR 316 Maple Mini Pancakes OR 364 Mini Cinni Pull-A-Part</p> <p>645 Pineapple Cup 670 Fresh Fruit 382 Cinnamon Toast Crunch Bar 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.

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





December



Dear Parents, Caregivers, & Students,

As the holiday season approaches, NDS would like to take a moment to express our heartfelt gratitude for your support and partnership throughout the year. This time of year is all about connection, gratitude, and sharing, and NDS is thankful for the opportunity to provide students with nutritious meals.

We encourage you to celebrate the season by involving your children in meal planning and preparation, fostering a love for healthy foods.

NDS wishes you and your family a joyful holiday filled with warmth, laughter, and delicious meals. Thank you for another wonderful year!



Candy Canes

In the late 17th century, a choirmaster in Germany wanted to create a treat for children during the Christmas season. To represent the shepherds who visited the baby Jesus, he designed a hard candy in the shape of a shepherd's crook, which is why it resembles a cane. Over time, the candy cane became a popular holiday treat, spreading across Europe and eventually to America, where it remains a beloved Christmas symbol. Today, candy canes are often used for decorations and are enjoyed by families during the holiday season.

Prayer Corner

As we gather together in this season of joy and hope, we Thank You. Bless our school community—students, teachers, staff, and families. Help us to share kindness and compassion with one another, especially during this holy season. We pray for peace in our hearts and in our world. May the spirit of Christmas inspire us to serve others and spread joy. Thank You for Your many blessings. We ask for Your continued guidance and protection in the coming year.



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NDS School Lunch Program

