

Middle & High School Breakfast Menu

JANUARY 2025

"Refine your diet, Don't be quiet!" - Luna A.
5th 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. All items are pork free.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>13</p> <p>320 Corn Muffin OR 137 Peach Yogurt & 922 Granola w. Cinnamon</p> <p>446 Mott's Apple Juice 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 387 Froot Loops BK Kit</p>	<p>14</p> <p>316 Maple Mini Pancakes OR 338 French Toast Sticks (Hot)</p> <p>657 Strawberry Craisins 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 387 Froot Loops BK Kit</p>	<p>15</p> <p>328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel </p> <p>609 Mixed Fruit Cup 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 387 Froot Loops BK Kit</p> <p style="text-align: right;">National Bagel Day</p>	<p>16</p> <p>134 Cherry Vanilla Yogurt & 311 Apple Jacks Pouch OR 365 Mini Cinni Caramel Pull-A-Part</p> <p>445 Mott's Fruit Punch 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 387 Froot Loops BK Kit</p>	<p>17</p> <p>308 Strawberry Mini Bagel OR 317 Confetti Mini Pancakes</p> <p>648 Strawberry Banana Applesauce 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 387 Froot Loops BK Kit</p>
<p>20</p> <p></p>	<p>21</p> <p>316 Maple Mini Pancakes OR 307 Cherry Frudel (Hot)</p> <p>445 Mott's Apple Juice 670 Fresh Fruit Alt: 334 Cinnamon Toast Crunch Cup OR 390 Chocolate Chip Muffin BK Kit</p>	<p>22</p> <p>323 Apple Cinnamon Muffin OR 327 Maple Mini Waffles</p> <p>447 Mott's Apple White Grape Juice 658 Cherry Craisins Alt: 334 Cinnamon Toast Crunch Cup  OR 390 Chocolate Chip Muffin BK Kit</p> <p style="text-align: right;">National Hot Sauce Day</p>	<p>23</p> <p>369 Trix Mini French Toast OR 365 Mini Cinni Caramel Pull-A-Part </p> <p>446 Mott's Apple Juice 697 Bagged Sliced Apples Alt: 334 Cinnamon Toast Crunch Cup OR 390 Chocolate Chip Muffin BK Kit</p> <p style="text-align: right;">National Pie Day</p>	<p>24</p> <p>324 Cocoa Puffs Cup OR 366 Blueberry Bagel</p> <p>649 Orange Gel Cup 670 Fresh Fruit Alt: 334 Cinnamon Toast Crunch Cup OR 390 Chocolate Chip Muffin BK Kit</p>
<p>27</p> <p>317 Confetti Mini Pancakes OR 262 Turkey Sausage Breakfast Pizza Bagel (Hot)</p> <p>670 Fresh Fruit 658 Cherry Craisins Alt: 323 Apple Cinnamon Muffin OR 383 Cheerios Cereal Bar BK Kit</p>	<p>28</p> <p>319 Orange Cranberry Muffin OR 367 Cinnamon Raisin Bagel</p> <p>445 Mott's Fruit Punch Juice 670 Fresh Fruit Alt: 323 Apple Cinnamon Muffin OR 383 Cheerios Cereal Bar BK Kit</p>	<p>29</p> <p>334 Cinnamon Toast Crunch Cup OR 370 Cinnamon Toast Mini French Toast</p> <p>670 Fresh Fruit 644 Pear Cup Alt: 323 Apple Cinnamon Muffin OR 383 Cheerios Cereal Bar BK Kit </p> <p style="text-align: right;">Chinese New Year & Lunar New Year</p>	<p>30</p> <p>308 Strawberry Mini Bagel OR 136 Vanilla Yogurt & 311 Apple Jacks Pouch</p> <p>648 Strawberry Gel Cup 670 Fresh Fruit Alt: 323 Apple Cinnamon Muffin OR 383 Cheerios Cereal Bar BK Kit</p>	<p>31</p> <p>369 Trix Mini French Toast OR 318 Cinnamon Mini Waffles</p> <p>446 Mott's Apple Juice 670 Fresh Fruit Alt: 323 Apple Cinnamon Muffin OR 383 Cheerios Cereal 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.



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Dear Parents, Caregivers, & Students,

Happy New Year! As we say goodbye to 2024, NDS wants to take a moment to thank you for being a part of our journey. This past year was full of memorable moments, and we couldn't have done it without your support, energy, and enthusiasm! The new year allows for a fresh start, new adventures, and exciting opportunities. May 2025 bring you and your families happiness, good health, and unforgettable memories!

New Year Goals!

It's a brand new year, which means a fresh start with exciting goals and dreams! We know you're going to do some amazing things in 2025, so we thought we'd share some fun goals to inspire you:

1. Stay Active and Move More! Whether it's running, jumping, playing sports, or dancing to your favorite music, try to move your body every day! Being active helps you feel strong, healthy, and full of energy!
2. Try New Healthy Foods! This year, why not try a new fruit or vegetable you've never tasted before? You might discover your new favorite food. Be sure to check your lunch menus to see what new fruits or vegetables you can try!
3. Be Kind and Help Others! Making someone smile can be the best part of your day! This year, set a goal to do something kind for others, whether it's helping a friend, saying something nice, or sharing with someone in need.
4. Read, Explore, and Learn! Did you know that your brain is like a muscle? The more you learn, the stronger it gets! When you try new things, solve problems, or read a book, your brain creates new connections and grows smarter. Challenge yourself to learn something new every day. Whether it's math, science, or a fun new hobby, your brain will thank you for it!

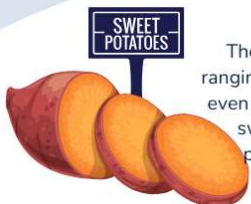
A Prayer for the New Year

Thank You for the gift of a new year. We ask for Your guidance, strength, and peace as we step into this new chapter. Help us grow in love, patience, and kindness. Bless our health, our families, and our friends.

May this year bring joy, purpose, and gratitude to our hearts. Amen.

Harvest of the Month!

There are over 400 varieties of sweet potatoes, ranging in color from orange and purple to white and even yellow. One of the most nutritious vegetables, sweet potatoes are high in vitamins A and C, potassium, antioxidants, fiber, and complex carbohydrates.



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