

# Middle & High School Breakfast Menu

March 2025

"Healthy Food RULE like a KING!!" - Robbie C. 4th Grade @ St. Peter the Apostle

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
<b>3</b> <b>369</b> Trix Mini French Toast OR <b>321</b> Banana Muffin  <b>654</b> Raspberry Lemonade Craisins <b>670</b> Fresh Fruit Alt: <b>320</b> Corn Muffin OR <b>385</b> Trix BK Kit	<b>4</b> <b>325</b> Cinnamon Chex Cup OR <b>239</b> Chicken Sausage & Cheese Waffle Sandwich  <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit Alt: <b>320</b> Corn Muffin OR <b>385</b> Trix BK Kit	<b>5</b> <b>316</b> Maple Mini Pancakes OR <b>136</b> Vanilla Yogurt & <b>337</b> Raspberry Churro  <b>684</b> Strawberry Banana Applesauce <b>670</b> Fresh Fruit Alt: <b>320</b> Corn Muffin OR <b>385</b> Trix BK Kit	<b>6</b> <b>322</b> Blueberry Muffin OR <b>306</b> Apple Baked Frudel  <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit Alt: <b>320</b> Corn Muffin OR <b>385</b> Trix BK Kit	<b>7</b> <b>352</b> Cocoa Puff Bar OR <b>366</b> Blueberry Bagel  <b>447</b> Mott's Apple White Grape <b>670</b> Fresh Fruit Alt: <b>320</b> Corn Muffin OR <b>385</b> Trix BK Kit
<b>10</b> <b>312</b> Fruit Loops Pouch OR <b>315</b> Apple Cinnamon Texas Toast  <b>447</b> Mott's Apple White Grape <b>670</b> Fresh Fruit Alt: <b>366</b> Blueberry Bagel OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>11</b> <b>328</b> Chocolate Chip Muffin OR <b>367</b> Cinnamon Raisin Bagel  <b>684</b> Strawberry Banana Applesauce <b>670</b> Fresh Fruit Alt: <b>366</b> Blueberry Bagel OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>12</b> <b>307</b> Cherry Frudel OR <b>329</b> Honey Cheerios Cup  <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit Alt: <b>366</b> Blueberry Bagel OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit Registered Dietician Nutritionist Day	<b>13</b> <b>317</b> Confetti Mini Pancakes OR <b>138</b> Blueberry Yogurt & <b>922</b> Cinnamon Granola  <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins Alt: <b>366</b> Blueberry Bagel OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>14</b> <b>320</b> Corn Muffin OR <b>364</b> Mini Cinni Pull-a-part  <b>645</b> Pineapple Cup <b>670</b> Fresh Fruit Alt: <b>366</b> Blueberry Bagel OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit
<b>17</b> <b>320</b> Corn Muffin OR <b>137</b> Peach Yogurt & <b>922</b> Cinnamon Granola  <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit Alt: <b>329</b> Honey Cheerios Cup OR <b>387</b> Froot Loops Bk Kit	<b>18</b> <b>327</b> Maple Mini Waffles OR <b>214</b> Stuffed Snack'n Waffle-chk Saus & Cheese  <b>445</b> Mott's Fruit Punch <b>697</b> Sliced Apples Alt: <b>329</b> Honey Cheerios Cup OR <b>387</b> Froot Loops Bk Kit	<b>19</b> <b>369</b> Trix Mini French Toast OR <b>315</b> Apple Cinnamon Texas Toast (Heat)  <b>609</b> Mixed Fruit Cup <b>670</b> Fresh Fruit Alt: <b>329</b> Honey Cheerios Cup OR <b>387</b> Froot Loops Bk Kit	<b>20</b> <b>328</b> Chocolate Chip Muffin OR <b>134</b> Cherry Vanilla Yogurt & <b>336</b> Apple Churro  <b>670</b> Fresh Fruit <b>689</b> Strawberry Applesauce Alt: <b>329</b> Honey Cheerios Cup OR <b>387</b> Froot Loops Bk Kit	<b>21</b> <b>367</b> Cinnamon Raisin Bagel OR <b>321</b> Banana Muffin  <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins Alt: <b>329</b> Honey Cheerios Cup OR <b>387</b> Froot Loops Bk Kit World Down Syndrome Day
<b>24</b> <b>324</b> Cocoa Puffs Cup OR <b>334</b> Apple Cinnamon Muffin  <b>670</b> Fresh Fruit <b>689</b> Strawberry Applesauce Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>384</b> Cinnamon Toast Crunch Bk Kit	<b>25</b> <b>316</b> Maple Mini Pancakes OR <b>364</b> Mini Cinni Pull-a-part  <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit Alt: <b>334</b> Cinnamon Toast Crunch OR <b>384</b> Cinnamon Toast Crunch Bk Kit	<b>26</b> <b>319</b> Orange Cranberry Muffin OR <b>370</b> Cinnamon Toast Mini French Toast  <b>447</b> Mott's Apple White Grape <b>654</b> Raspberry Lemonade Craisins Alt: <b>334</b> Cinnamon Toast Crunch OR <b>384</b> Cinnamon Toast Crunch Bk Kit	<b>27</b> <b>325</b> Cinnamon Chex Cup OR <b>262</b> Turkey Sausage Breakfast Pizza Bagel  <b>446</b> Mott's Apple Juice <b>670</b> Fresh Fruit Alt: <b>334</b> Cinnamon Toast Crunch OR <b>384</b> Cinnamon Toast Crunch Bk Kit	<b>28</b> <b>318</b> Cinnamon Mini Waffles OR <b>322</b> Blueberry Muffin  <b>684</b> Strawberry Banana Applesauce <b>670</b> Fresh Fruit Alt: <b>334</b> Cinnamon Toast Crunch OR <b>384</b> Cinnamon Toast Crunch Bk Kit

**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.

# MARCH 2025

## Dear Parents, Caregivers, & Students,

This month, we are excited to celebrate not only St. Patrick's Day but also National Breakfast Week! At NDS, we are dedicated to providing students with a wonderful meal to start their day.

As we embrace the season, we are reminded of the symbolism of the three-leaf clover. The shamrock, a three-leaf clover, has been associated with Ireland for centuries. Known as the "seamroy" by the Celts, it was considered a sacred plant symbolizing the arrival of spring. Legend says that each leaf of the clover represents Hope, Faith, Love, and Luck. While the odds of finding a four-leaf clover are 1 in 10,000, we can assure you that the odds of students enjoying a great meal with NDS are always 100%. We look forward to sharing a memorable month filled with delicious meals and fun celebrations with your children!

## National Breakfast Week

Get your magnifying glass, put on your detective hat, and clue into National School Breakfast Week! From March 3rd to March 7th, NDS will be celebrating the importance of a healthy start to the day in fueling a child's academic success. The school year can be a very busy time for families, and often, breakfast gets skipped. That's why school breakfast is such a great option!

It has been shown that students who eat school breakfast tend to have better attendance rates, fewer behavioral problems, higher levels of achievement in reading and math, and score better on standardized tests. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. Make sure to stop by your school breakfast to find your clues to starting a great day!



## National Wellness Month

March is National Wellness Month! It's the perfect time to focus on physical, mental, and emotional well-being. During this month, NDS is encouraging students to create healthy habits that will last long after March is over. These habits can include getting 8 hours of sleep, practicing mindfulness and meditation, eating a balanced diet, and engaging in regular exercise. At NDS, we support these efforts by providing students with healthy meals that include a variety of foods from all five food groups: fruits, vegetables, whole grains, protein, and dairy. Fuel up during the month with NDS breakfast & lunch!

## Dairy

Did you know U.S. cows produce about 21 billion gallons of milk annually? In March, we celebrate the benefits of milk, which is produced by family-owned farms in every state. With new technology, farmers keep cows healthy while providing milk rich in protein, calcium, and vitamins A & D—great for strong bones and teeth. Fun fact: Chocolate milk helps rehydrate and refuel muscles after a workout!

### Prayer

Thank you for this wonderful breakfast and the energy it gives us. Bless those who prepared it, and help us use this strength to do good today. Amen.