

# Middle & High School Breakfast Menu

## April 2025

"Prosper your diet and GROW" - Gabrielle N. 4th 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
<b>31</b> <b>134</b> Cherry Vanilla Yogurt & <b>312</b> Fruit Loops Pouch OR <b>315</b> Apple Cinnamon Texas Toast (Heat)  <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit Alt: <b>316</b> Maple Mini Pancakes OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>1</b> <b>328</b> Chocolate Chip Muffin OR <b>367</b> Cinnamon Raisin Bagel  <b>670</b> Fresh Fruit <b>648</b> Strawberry Gel Cup Alt: <b>316</b> Maple Mini Pancakes OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>2</b> <b>307</b> Cherry Frudel OR <b>329</b> Honey Cheerios Cup  <b>446</b> Apple Juice <b>688</b> Orange Mango Applesauce Alt: <b>316</b> Maple Mini Pancakes OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>3</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>316</b> Maple Mini Pancakes OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit	<b>4</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>316</b> Maple Mini Pancakes OR <b>382</b> Cinnamon Toast Crunch Bar BK Kit
<b>7</b> <b>365</b> Mini Cinni Caramel Pull-A-part OR <b>324</b> Cocoa Puffs Cup  <b>446</b> Apple Juice <b>670</b> Fresh Fruit Alt: <b>329</b> Honey Cheerios Cup OR <b>385</b> Trix BK Kit	<b>8</b> <b>320</b> Corn Muffin OR <b>338</b> French Toast Sticks  <b>670</b> Fresh Fruit <b>697</b> Sliced Apples Alt: <b>329</b> Honey Cheerios Cup OR <b>385</b> Trix BK Kit	<b>9</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>385</b> Trix BK Kit	<b>10</b> <b>329</b> Honey Cheerios Cup OR <b>134</b> Cherry Vanilla Yogurt & <b>336</b> Apple Churro  <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Alt: <b>329</b> Honey Cheerios Cup OR <b>385</b> Trix BK Kit	<b>11</b> <b>367</b> Cinnamon Raisin Bagel OR <b>317</b> Confetti Mini Pancakes  <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce Alt: <b>329</b> Honey Cheerios Cup OR <b>385</b> Trix BK Kit
<b>14</b> <b>366</b> Blueberry Bagel OR <b>324</b> Cocoa Puffs Cup  <b>649</b> Orange Gel Cup <b>670</b> Fresh Fruit Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>15</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 Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>16</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> Cherry Craisins Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>17</b> <b>325</b> Cinnamon Chex Cup OR <b>262</b> Turkey Sausage Breakfast Pizza Bagel  <b>446</b> Apple Juice <b>697</b> Sliced Apples Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>18</b> <b>318</b> Cinnamon Mini Waffles OR <b>322</b> Blueberry Muffin  <b>688</b> Orange Mango Applesauce <b>670</b> Fresh Fruit Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>390</b> Chocolate Chip Muffin Kit
<b>21</b> <b>317</b> Confetti Mini Pancakes OR <b>262</b> Turkey Sausage Breakfast Pizza Bagel  <b>658</b> Cherry Craisins <b>670</b> Fresh Fruit Alt: <b>323</b> Apple Cinnamon Muffin OR <b>383</b> Cheerios Cereal Bar BK Kit	<b>22</b> <b>333</b> Blueberry Chex Cup OR <b>351</b> Cinnamon Toast Crunch Bar  <b>445</b> Mott's Fruit Punch <b>670</b> Fresh Fruit Alt: <b>323</b> Apple Cinnamon Muffin OR <b>383</b> Cheerios Cereal Bar BK Kit	<b>23</b> <b>306</b> Apple Baked Frudel OR <b>136</b> Vanilla Yogurt & <b>312</b> Fruit Loops Pouch  <b>644</b> Pear Cup <b>670</b> Fresh Fruit Alt: <b>323</b> Apple Cinnamon Muffin OR <b>383</b> Cheerios Cereal Bar BK Kit	<b>24</b> <b>328</b> Chocolate Chip Muffin OR <b>317</b> Confetti Mini Pancakes  <b>670</b> Fresh Fruit <b>648</b> Strawberry Gel Cup Alt: <b>323</b> Apple Cinnamon Muffin OR <b>383</b> Cheerios Cereal Bar BK Kit	<b>25</b> <b>367</b> Cinnamon Raisin Bagel OR <b>318</b> Cinnamon Mini Waffles  <b>446</b> Apple Juice <b>670</b> Fresh Fruit Alt: <b>323</b> Apple Cinnamon Muffin OR <b>383</b> Cheerios Cereal Bar BK Kit
<b>28</b> <b>323</b> Apple Cinnamon Muffin OR <b>334</b> Cinnamon Toast Crunch Cup  <b>445</b> Mott's Fruit Punch <b>654</b> Raspberry Lemonade Craisins Alt: <b>387</b> Froot Loops Bk Kit OR <b>328</b> Chocolate Chip Muffin	<b>29</b> <b>327</b> Maple Mini Waffles OR <b>338</b> French Toast Sticks  <b>670</b> Fresh Fruit <b>698</b> Strawberry Applesauce Alt: <b>387</b> Froot Loops Bk Kit OR <b>328</b> Chocolate Chip Muffin	<b>30</b> <b>321</b> Banana Muffin OR <b>133</b> Strawberry-Banana Yogurt & <b>922</b> Cinnamon Granola  <b>446</b> Apple Juice <b>670</b> Fresh Fruit Alt: <b>387</b> Froot Loops Bk Kit OR <b>328</b> Chocolate Chip Muffin	<b>1</b> <b>308</b> Strawberry Mini Bagel OR <b>329</b> Honey Cheerios Cup  <b>447</b> Apple White Grape Juice <b>670</b> Fresh Fruit Alt: <b>387</b> Froot Loops Bk Kit OR <b>328</b> Chocolate Chip Muffin	<b>2</b> <b>367</b> Cinnamon Raisin Bagel OR <b>317</b> Confetti Mini Pancakes  <b>670</b> Cherry Craisins <b>670</b> Fresh Fruit Alt: <b>387</b> Froot Loops Bk Kit OR <b>328</b> Chocolate Chip Muffin

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.





# APRIL 2025

## Dear Parents, Caregivers, & Students,

April Showers Bring May Flowers! Spring is the perfect time to try new activities and feel refreshed. With colorful blooms and fresh air, it's a season of growth. At NDS, we're excited to bring the beauty of spring into our meals with seasonal fruits and amazing veggies. We look forward to providing delicious, energizing meals for students this spring. Thank you for your continued support!

## Happy Earth Day!

Today is a special day to celebrate our beautiful planet! Earth Day is a time to remember how we can take care of the environment. Whether it's planting a tree, picking up litter, or saving water, there are lots of ways we can help protect nature. Let's all do our part to keep the Earth clean, green, and happy for everyone to enjoy!

## Rainy Day Activities

April is a very rainy time of the year. Rainy days are perfect for staying active indoors! Try an obstacle course, dance party, or fun yoga moves. Healthy snacks like fruit kabobs or smoothies are also a great idea. Get creative with arts and crafts, build a cozy blanket fort, or have a movie marathon with favorite films and snacks. The rain might keep you inside, but your imagination can take you anywhere!

## Wellness Committee

NDS is looking for members to join our Wellness Committee! Parents, PE teachers, school health professionals, and school administrators from the schools we sponsor are encouraged to participate in addition to NDS board members, the public, and other interested stakeholders.

Committee members will be responsible for updating policy language, recruiting new members, assisting with policy assessment, promoting wellness activities and policy adherence at their schools, and sharing ideas for wellness activities that schools can implement. Our next meeting will be Monday, April 28th. All meetings are virtual and held via Microsoft Teams. Please contact Jean Falk at 215-895-3470 or email [jfalk@ndsarch.org](mailto:jfalk@ndsarch.org) for background information or other details.

## Broccoli

This month NDS is highlighting a powerhouse veggie—Broccoli! This super veggie is packed with vitamins, fiber, and minerals to keep you strong and healthy! It helps boost your immune system, keeps your bones strong, and gives you energy to stay active. Whether you eat it raw, roasted, or in a stir-fry, broccoli is a tasty and super nutritious way to fuel your day!

Thank you for the  
beauty of spring.  
For flowers, trees, and  
sunny days,  
and for new life all  
around us.  
Help us to grow in  
kindness and love.  
Amen.

