

ELEMENTARY 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
30 312 Fruit Loops Pouch OR 315 Apple Cinnamon Texas Toast 670 Fresh Fruit 748 Grape Juice Pre-K: 341 Honey Bunches of Oats Cereal 382 Cinnamon Toast Crunch Bar BK Kit	1 328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel 648 Strawberry Gel Cup 749 Apple Juice Pre-K: 332 Apple Cinnamon Muffin 382 Cinnamon Toast Crunch Bar BK Kit	2 329 Honey Cheerios Cereal OR 307 Cherry Frudel 750 Apple Juice 688 Orange Mango Applesauce Pre-K: 368 Wheat Bagel 382 Cinnamon Toast Crunch Bar BK Kit	3 317 Confetti Mini Pancakes OR 922 Granola w/ Cinnamon & 138 Blueberry Yogurt 753 Orange Juice 659 Watermelon Craisins Pre-K: 369 Mini French Toast Berry Blasts 382 Cinnamon Toast Crunch Bar BK Kit	4 320 Corn Muffin OR 364 Mini Cinni Pull-A-Part 670 Fresh Fruit 752 Fruit Punch Juice Pre-K: 331 Corn Muffin 382 Cinnamon Toast Crunch Bar BK Kit
7 334 Cinnamon Toast Crunch Cereal OR 137 Peach Yogurt & 922 Granola w/ Cinnamon 750 Apple Juice 670 Fresh Fruit Pre-K: 327 Maple Mini Waffles 380 Blueberry Pomegranate Granola Bar BK Kit	8 316 Eggo Maple Mini Pancakes OR 338 French Toast Sticks 657 Strawberry Craisins 752 Fruit Punch Juice Pre-K: 341 Honey Bunches of Oats Crunch 380 Blueberry Pomegranate Granola Bar BK Kit	9 323 Apple Cinnamon Muffin OR 368 Plain Bagel 609 Mixed Fruit Cup 753 Orange Juice Pre-K: 340 Honey Cheerios 380 Blueberry Pomegranate Granola Bar BK Kit	10 134 Cherry Vanilla Yogurt & 311 Apple Jacks Pouch OR 365 Mini Cinni Caramel Pull-A-Part 670 Fresh Fruit 748 Grape Juice Pre-K: 339 Orange Cranberry Muffin 380 Blueberry Pomegranate Granola Bar BK Kit	11 308 Strawberry Mini Bagel OR 317 Confetti Mini Bagels Raisin Bagel 689 Strawberry Applesauce 749 Apple Cherry Juice Pre-K: 346 Cinnamon Toast Crunch Cereal 380 Blueberry Pomegranate Granola Bar BK Kit
14 324 Cocoa Puffs Cup OR 366 Blueberry Bagel 649 Orange Gel Cup 748 Grape Juice Pre-K: 344 Rice Chex Cereal 390 Chocolate Chip Muffin BK Kit	15 316 Maple Mini Pancakes OR 307 Cherry Frudel 670 Fresh Fruit 750 Apple Juice Pre-K: 331 Corn Muffin 390 Chocolate Chip Muffin BK Kit	16 328 Chocolate Chip Muffin OR 327 Maple Mini Waffles 658 Cherry Craisins 752 Fruit Punch Juice Pre-K: 341 Honey Bunches of Oats Crunch 390 Chocolate Chip Muffin BK Kit	17 369 Mini French Toast Berry Blast OR 365 Mini Cinni Caramel Pull-A-Part 697 Sliced Apples 749 Apple Cherry Juice Pre-K: 332 Apple Cinnamon Muffin 390 Chocolate Chip Muffin BK Kit	18 327 Eggo Maple Mini Waffles OR 329 Honey Cheerios Cup 670 Fresh Fruit 752 Orange Juice Pre-K: 369 Mini French Toast Berry Blast 390 Chocolate Chip Muffin BK Kit
NATIONAL SCHOOL LUNCH WEEK				FIND YOUR TREASURE!
21 317 Confetti Mini Pancakes OR 262 Turkey Sausage Breakfast Pizza Bagel 658 Cherry Craisins 752 Fruit Punch Juice Pre-K: 399 Cranberry Orange Muffin 385 Trix BK Kit	22 319 Orange Cranberry Muffin OR 367 Cinnamon Raisin Bagel 670 Fresh Fruit 748 Grape Juice Pre-K: 367 Cinnamon Raisin Bagel 385 Trix BK Kit	23 334 Cinnamon Toast Crunch Cup OR 306 Apple Baked Frudel 644 Pear Cup 750 Apple Juice Pre-K: 327 Maple Mini Waffles 385 Trix BK Kit	24 308 Strawberry Mini Bagel OR 311 Apple Jacks Pouch & 136 Vanilla Yogurt 670 Fresh Fruit 753 Orange Juice Pre-K: 340 Honey Cheerios 385 Trix BK Kit	25 332 Apple Cinnamon Muffin OR 318 Cinnamon Mini Waffles 670 Fresh Fruit 749 Apple Cherry Juice Pre-K: 345 Honey Scooters 385 Trix BK Kit
28 324 Coco Puffs Cup OR 138 Blueberry Yogurt & 921 Granola 670 Fresh Fruit 750 Apple Juice Pre-K: 346 Cinnamon Toast Crunch 391 Blueberry Muffin BK Kit	29 318 Cinnamon Mini Waffles OR 321 Banana Muffin 608 Tropical Fruit Cup 753 Orange Juice Pre-K: 369 Mini French Toast Berry Blast 391 Blueberry Muffin BK Kit	30 320 Corn Muffin OR 369 Mini French Toast Berry Blast 670 Fresh Fruit 749 Apple Cherry Juice Pre-K: 339 Orange Cranberry Muffin 391 Blueberry Muffin BK Kit	31 351 Cinnamon Toast Crunch Bar OR 316 Maple Mini Pancakes 657 Strawberry Craisins 748 Grape Juice Pre-K: 341 Honey Bunches of Oats Crunch 391 Blueberry Muffin BK Kit	1 327 Maple Mini Waffles OR 315 Apple Cinnamon Texas Toast 670 Fresh Fruit 752 Fruit Punch Juice Pre-K: 368 Wheat Bagel 391 Blueberry Muffin 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.



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