# Elementary School Breakfast Menu

March 2025
"Healthy Food RULE like a KING!!"- Robbie C. 4th Grade @ St. Peter the Apostle

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	,
669 Trix Mini French	325 Cinnamon Chex	316 Maple Mini	322 Blueberry Muffin	352 Cocoa Puff Bar
Toast	Cup	Pancakes Pancakes	OR	OR
OR TOAST	OR OR	OP	<b>306</b> Apple Baked Frudel	<b>366</b> Blueberry Bagel
21 Banana Muffin	239 Chicken Sausage &	136 Vanilla Yogurt &		, ,
	Cheese Waffle Sandwich	<b>337</b> Raspberry Churro	748 Grape Juice	<b>750</b> Apple Juice
54 Raspberry Lemonade	eggs.		670 Fresh Fruit	670 Fresh Fruit
Craisins	3105	<b>749</b> Apple Cherry Juice	Pre-K: 339 Orange	Pre-K: 368 Wheat Bagel
48 Grape Juice	753 Orange Juice	670 Fresh Fruit	Cranberry Muffin	385 Trix BK Kit
re-K: <b>345</b> Honey Scooters	670 Fresh Fruit	Pre-K: <b>369</b> Trix Mini	385 Trix BK Kit	
85 Trix BK Kit	Pre-K: 335 Banana Muffin	French Toast		
a Pro	385 Trix BK Kit	385 Trix BK Kit		ALLES OF THE PARTY
10	11	12	13	1
12 Fruit Loops Pouch	<b>328</b> Chocolate Chip	<b>307</b> Cherry Frudel	317 Confetti Mini	320 Corn Muffin
R	Muffin	OR	Pancakes	OR
15 Apple Cinnamon	OR	<b>329</b> Honey Cheerios Cup	OR	364 Mini Cinni Pull-a-
exas Toast	<b>367</b> Cinnamon Raisin		138 Blueberry Yogurt &	part
	Bagel	<b>750</b> Apple Juice	922 Cinnamon Granola	
18 Grape Juice		670 Fresh Fruit		752 Fruit Punch Juice
70 Fresh Fruit	<b>749</b> Apple Cherry Juice	Pre-K: 331 Corn Muffin	<b>753</b> Orange Juice	670 Fresh Fruit
re-K: <b>344</b> Blueberry Chex	670 Fresh Fruit	382 Cinnamon Toast	<b>659</b> Watermelon Craisins	Pre-K: 332 Apple
32 Cinnamon Toast	Pre-K: <b>327</b> Maple Mini	Crunch Bar BK Kit	Pre-K: <b>345</b> Honey Scooters	Cinnamon Muffin 382 Cinnamon Toast
runch Bar BK Kit	Waffles 382 Cinnamon Toast		382 Cinnamon Toast	Crunch Bar BK Kit
	Crunch Bar BK Kit		Crunch Bar BK Kit	Clutter Dat DK Kit
	Crunch Bar BK Kit	Registered Dietician Nutritionist Day	International School Meals Day	
17	18	19	20	2
65 Mini Cinni Caramel	320 Corn Muffin	<b>369</b> Trix Mini French	<b>329</b> Honey Cheerios Cup	<b>367</b> Cinnamon Raisin
ull-a-part	OR	Toast Let's Laugh	OR	Bagel
R	214 Stuffed Snack'n	OR Day	134 Cherry Vanilla	OR
24 Cocoa Puffs Cup	Waffle-chk Saus &	315 Apple Cinnamo	Yogurt & <b>336</b> Apple	321 Banana Muffin
*HAPPY *	Cheese	Texas Toast (Heat)	Churro	
ST. PATRICK'S				<ul><li>748 Grape Juice</li><li>659 Watermelon Craisins</li></ul>
50 Apple Juice APP	<b>749</b> Apple Cherry Juice	752 Fruit Punch Juice 670 Fresh Fruit	<b>753</b> Orange Juice	Pre-K: <b>335</b> Banana Muffi
70 Fresh Fruit	<b>697</b> Sliced Apples	Pre-K: <b>369</b> Trix Mini	<b>689</b> Strawberry Applesauce	387 Froot Loops BK Kit
re-K: <b>341</b> Honey Bunches of Oats Crunch	Pre-K: <b>330</b> Blueberry Muffin	French Toast	Pre-K: 346 Cinnamon	West Edops Billing
of Outs Cruffell		<b>387</b> Froot Loops BK Kit	Toast Crunch 387 Froot Loops BK Kit	World Down Syndrome Day
7 Froot Loops BK Kit		307 I TOOL LOOPS DIX IXIL		***
	387 Froot Loops BK Kit	*		-
24	25	26	27	
24 66 Blueberry Bagel	25 316 Maple Mini	26 319 Orange Cranberry	325 Cinnamon Chex	318 Cinnamon Mini
24 66 Blueberry Bagel R	25 316 Maple Mini Pancakes	26 319 Orange Cranberry Muffin National Spinach	325 Cinnamon Chex Cup	<b>318</b> Cinnamon Mini Waffles
24 66 Blueberry Bagel R 34 Cinnamon Toast	25 316 Maple Mini Pancakes OR	319 Orange Cranberry Muffin National Spinach OR Day	325 Cinnamon Chex Cup OR	318 Cinnamon Mini Waffles OR
24 66 Blueberry Bagel R 34 Cinnamon Toast	25 316 Maple Mini Pancakes OR 364 Mini Cinni Pull-a-	319 Orange Cranberry Muffin National Spinach OR Day 370 Cinnamon Toast	325 Cinnamon Chex Cup OR 262 Turkey Sausage	<b>318</b> Cinnamon Mini Waffles
66 Blueberry Bagel R 34 Cinnamon Toast runch Cup	25 316 Maple Mini Pancakes OR	319 Orange Cranberry Muffin National Spinach OR Day 370 Cinnamon Toast Mini French Toast	325 Cinnamon Chex Cup OR	318 Cinnamon Mini Waffles OR 322 Blueberry Muffin
24 66 Blueberry Bagel R 34 Cinnamon Toast runch Cup 18 Grape Juice	25 316 Maple Mini Pancakes OR 364 Mini Cinni Pull-a- part	319 Orange Cranberry Muffin National Spinach OR Day 370 Cinnamon Toast Mini French Toast 750 Apple Juice	325 Cinnamon Chex Cup OR 262 Turkey Sausage Breakfast Pizza Bagel	318 Cinnamon Mini Waffles OR 322 Blueberry Muffin 753 Orange Juice
24 66 Blueberry Bagel R 34 Cinnamon Toast runch Cup 18 Grape Juice 89 Strawberry Applesauce	25 316 Maple Mini Pancakes OR 364 Mini Cinni Pull-a- part 749 Apple Cherry Juice	319 Orange Cranberry Muffin National Spinach OR Day 370 Cinnamon Toast Mini French Toast	325 Cinnamon Chex Cup OR 262 Turkey Sausage Breakfast Pizza Bagel 752 Fruit Punch Juice	318 Cinnamon Mini Waffles OR 322 Blueberry Muffin 753 Orange Juice 670 Fresh Fruit
24 66 Blueberry Bagel R 34 Cinnamon Toast runch Cup 48 Grape Juice 89 Strawberry Applesauce	25 316 Maple Mini Pancakes OR 364 Mini Cinni Pull-a- part 749 Apple Cherry Juice 670 Fresh Fruit	319 Orange Cranberry Muffin National Spinach OR Doy 370 Cinnamon Toast Mini French Toast 750 Apple Juice 654 Raspberry Lemonade	325 Cinnamon Chex Cup OR 262 Turkey Sausage Breakfast Pizza Bagel	318 Cinnamon Mini Waffles OR 322 Blueberry Muffin 753 Orange Juice
66 Blueberry Bagel 0R 34 Cinnamon Toast crunch Cup 48 Grape Juice 89 Strawberry Applesauce re-K: 327 Maple Mini	25 316 Maple Mini Pancakes OR 364 Mini Cinni Pull-a- part 749 Apple Cherry Juice	319 Orange Cranberry Muffin National Spinach OR Doy 370 Cinnamon Toast Mini French Toast 750 Apple Juice 654 Raspberry Lemonade Craisins	325 Cinnamon Chex Cup OR 262 Turkey Sausage Breakfast Pizza Bagel 752 Fruit Punch Juice 670 Fresh Fruit	Waffles OR 322 Blueberry Muffin 753 Orange Juice 670 Fresh Fruit Pre-K: 332 Apple

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



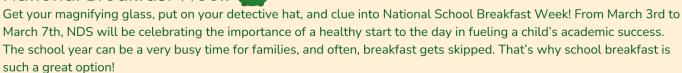


### Dear Parents, Caregivers, & Students,

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.

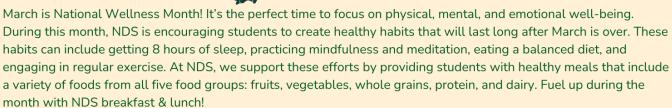
As we embrace the season, we are reminded of the symbolism of the three-leaf clover. The shamrock, a three-leaf clover, has been associated with Ireland for centuries. Known as the "seamroy" by the Celts, it was considered a sacred plant symbolizing the arrival of spring. Legend says that each leaf of 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



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





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!

