

# Middle & High School Breakfast Menu

## September 2025

"Eating good food helps you think and do your best." - Emma C. 1<sup>st</sup> Grade @ Roxborough Christian School

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>1</b>  <b>318</b> Cinnamon Mini Waffles OR <b>324</b> Cocoa Puffs Cup  <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice Alt: <b>328</b> Chocolate Chip Muffin OR <b>385</b> Trix BK Kit	<b>2</b> <b>359</b> Honey Scooters OR <b>133</b> Strawberry-Banana Yogurt & <b>922</b> Cinnamon Granola  <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>387</b> Froot Loops BK Kit	<b>3</b> <b>317</b> Confetti Mini Pancakes OR <b>319</b> Orange Cranberry Muffin  <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>387</b> Froot Loops BK Kit	<b>4</b> <b>366</b> Blueberry Bagel OR <b>329</b> Honey Cheerios Cup  <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>387</b> Froot Loops BK Kit	<b>5</b> <b>328</b> Chocolate Chip Muffin OR <b>364</b> Mini Cinni Pull-A-Part  <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape Alt: <b>334</b> Cinnamon Toast Crunch Cup OR <b>387</b> Froot Loops BK Kit
<b>8</b> <b>318</b> Cinnamon Mini Waffles OR <b>324</b> Cocoa Puffs Cup  <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice Alt: <b>328</b> Chocolate Chip Muffin OR <b>385</b> Trix BK Kit	<b>9</b> <b>322</b> Blueberry Muffin OR <b>307</b> Cherry Frudel  <b>670</b> Fresh Fruit <b>654</b> Raspberry Lemonade Craisins Alt: <b>328</b> Chocolate Chip Muffin OR <b>385</b> Trix BK Kit	<b>10</b> <b>368</b> Wheat Bagel OR <b>370</b> Cinnamon Toast Mini French Toast  <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Alt: <b>328</b> Chocolate Chip Muffin OR <b>385</b> Trix BK Kit	<b>11</b> <b>321</b> Banana Muffin OR <b>333</b> Blueberry Chex Cup  <b>670</b> Fresh Fruit <b>657</b> Strawberry Craisins Alt: <b>328</b> Chocolate Chip Muffin OR <b>385</b> Trix BK Kit	<b>12</b> <b>351</b> Cinnamon Toast Crunch Bar OR <b>365</b> Mini Cinni Caramel Pull-a-part  <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape Alt: <b>328</b> Chocolate Chip Muffin OR <b>385</b> Trix BK Kit
<b>15</b> <b>311</b> Apple Jacks Pouch OR <b>336</b> Apple Churro  <b>670</b> Fresh Fruit <b>654</b> Raspberry Lemonade Craisins Alt: <b>324</b> Cocoa Puffs Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>16</b> <b>316</b> Maple Mini Pancakes OR <b>366</b> Blueberry Bagel  <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce Alt: <b>324</b> Cocoa Puffs Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>17</b> <b>320</b> Corn Muffin OR <b>334</b> Cinnamon Toast Crunch Cup  <b>445</b> Mott's Fruit Punch <b>697</b> Bagged Sliced Apples Alt: <b>324</b> Cocoa Puffs Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>18</b> <b>327</b> Maple Mini Pancakes OR <b>369</b> Trix Mini French Toast  <b>670</b> Fresh Fruit <b>657</b> Mott's Apple White Grape Alt: <b>324</b> Cocoa Puffs Cup OR <b>390</b> Chocolate Chip Muffin Kit	<b>19</b> <b>367</b> Cinnamon Raisin Bagel OR <b>323</b> Apple Cinnamon Muffin  <b>670</b> Fresh Fruit <b>447</b> Mott's Apple White Grape Alt: <b>324</b> Cocoa Puffs Cup OR <b>390</b> Chocolate Chip Muffin Kit
<b>22</b> <b>370</b> Cinnamon Toast Mini French Toast OR <b>364</b> Mini Cinni Pull-A-Part  <b>670</b> Fresh Fruit <b>658</b> Cherry Craisins Alt: <b>320</b> Corn Muffins OR <b>384</b> Cinnamon Toast Crunch Bar BK Kit	<b>23</b> <b>328</b> Chocolate Chip Muffin OR <b>325</b> Cinnamon Chex Cup  <b>670</b> Fresh Fruit <b>446</b> Mott's Apple Juice Alt: <b>320</b> Corn Muffins OR <b>384</b> Cinnamon Toast Crunch Bar BK Kit	<b>24</b> <b>368</b> Wheat Bagel OR <b>262</b> Turkey Sausage Breakfast Pizza Bagel  <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce Alt: <b>320</b> Corn Muffins OR <b>384</b> Cinnamon Toast Crunch Bar BK Kit	<b>25</b> <b>312</b> Fruit Loops Pouch OR <b>329</b> Honey Cheerios Cup  <b>670</b> Fresh Fruit <b>445</b> Mott's Fruit Punch Alt: <b>320</b> Corn Muffins OR <b>384</b> Cinnamon Toast Crunch Bar BK Kit	<b>26</b> <b>367</b> Cinnamon Raisin Bagel OR <b>321</b> Banana Muffin  <b>447</b> Mott's Apple White Grape <b>659</b> Watermelon Craisins Alt: <b>320</b> Corn Muffins OR <b>384</b> Cinnamon Toast Crunch Bar BK Kit

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.



$$y^a = \frac{1}{2+x^2}$$



# September

## 2025



$$y = (x-3)^2$$

### Dear Parents, Caregivers, & Students,

We hope your summer was filled with fun, rest, and unforgettable memories. As we kick off a brand-new school year, NDS is thrilled to welcome back all staff, students, and families!

A healthy mind starts with a healthy meal, so be sure to fuel your success with a nutritious start! Be sure to visit your lunchroom each morning for a nutritious and delicious breakfast that helps boost focus, energy, and learning. And don't forget to return at lunchtime for a well-balanced meal to keep you going strong throughout the day.

Whether it's whole grains, fresh fruits, or protein-packed options, NDS school meals are designed to support students' academic success and overall well-being!

Let's make this school year one to remember—full of learning, growth, and great memories. Here's to a strong and healthy start!

### Try It Tuesday Challenge!

Are you ready to be a food explorer? Every Tuesday, NDS encourages students to try something new on the menu. It could be something colorful, crunchy, or even a little surprising! So keep an open mind, be bold, be brave, and try something new on Tuesdays! If you tried something new let the lunch manager know because your feedback helps NDS plan fun and healthy meals.



### Peppers!



Peppers come in all sorts of colors—red, green, yellow, and even purple! They're crunchy, sweet or sometimes a little spicy, and packed with vitamin C to help keep you healthy. You can eat them raw, dip them in hummus, or add them to your favorite meals. Try a new color next time and see which one you like best!



### Healthy Habits Tip

Did you know your body is made up of mostly water? That's why staying hydrated is super important, especially when you're running, playing, or learning hard at school!

Water helps you:

- Stay focused in class
- Keep your body cool on hot days
- Boost your energy and mood
- Keep your skin and muscles healthy

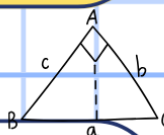
How to make it a habit:

- Bring a reusable water bottle to school
- Take sips during the day, especially after recess or PE
- Choose water instead of sugary drinks

### Gratitude Corner

Thank you for this moment, this breath, this life. May we see the good, hold it close, and share it freely. Let gratitude light our way.

$$y = ax^2 + bx^2$$



$$x^2 + \frac{bx}{a}$$

### Follow Us!

