


Middle & High School Breakfast Menu

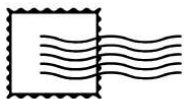
October 2025

"Arrgh, Matey!" A healthy plate is a treasure."- Emily G. 2nd Grade @ St. Laurentius

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
29 133 Strawberry-Banana Yogurt & 312 Fruit Loops Pouch OR 315 Apple Cinnamon Texas Toast 445 Mott's Fruit Punch Juice 670 Fresh Fruit Alt: 316 Maple Mini Pancakes OR 382 Cinnamon Toast Crunch Bar BK Kit	30 367 Cinnamon Raisin Bagel OR 328 Chocolate Chip Muffin 670 Fresh Fruit 648 Strawberry Gel Cup Alt: 316 Maple Mini Pancakes OR 382 Cinnamon Toast Crunch Bar BK Kit	1 307 Cherry Frudel OR 329 Honey Cheerios Cup 446 Mott's Apple Juice 688 Orange Mango Applesauce Alt: 316 Maple Mini Pancakes OR 382 Cinnamon Toast Crunch Bar BK Kit 	2 317 Confetti Mini Pancakes OR 138 Blueberry Yogurt & 922 Cinnamon Granola 670 Fresh Fruit 659 Watermelon Craisins Alt: 316 Maple Mini Pancakes OR 382 Cinnamon Toast Crunch Bar BK Kit	3 320 Corn Muffin OR 364 Mini Cinni Pull-A-Part 645 Pineapple Cup 670 Fresh Fruit Alt: 316 Maple Mini Pancakes OR 382 Cinnamon Toast Crunch Bar BK Kit
6 367 Cinnamon Raisin Bagel OR 334 Cinnamon Toast Crunch Cup 446 Mott's Apple Juice 670 Fresh Fruit Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit	7 320 Corn Muffin OR 316 Maple Mini Pancakes 657 Strawberry Craisins 670 Fresh Fruit Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit	8 327 Maple Mini Waffles OR 325 Cinnamon Chex Cup 670 Fresh Fruit 609 Mixed Fruit Cup Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit	9 323 Apple Cinnamon Muffin OR 311 Apple Jacks Pouch 670 Fresh Fruit 445 Mott's Fruit Punch Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit	10 306 Apple Baked Frudel OR 369 Trix Mini French Toast 670 Fresh Fruit 649 Orange Gel Cup Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit
13 359 Honey Scooters OR 133 Strawberry-Banana Yogurt & 922 Cinnamon Granola 670 Fresh Fruit 659 Watermelon Craisins Alt: 334 Cinnamon Toast Crunch Cup OR 387 Froot Loops BK Kit	14 317 Confetti Mini Pancakes OR 319 Orange Cranberry Muffin 670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 334 Cinnamon Toast Crunch Cup OR 387 Froot Loops BK Kit	15 366 Blueberry Bagel OR 329 Honey Cheerios Cup 670 Fresh Fruit 684 Strawberry Banana Applesauce Alt: 334 Cinnamon Toast Crunch Cup OR 387 Froot Loops BK Kit	16 328 Chocolate Chip Muffin OR 364 Mini Cinni Pull-A-Part 752 Fruit Punch Juice 670 Fresh Fruit Alt: 334 Cinnamon Toast Crunch Cup OR 387 Froot Loops BK Kit	17 368 Wheat Bagel OR 370 Cinnamon Toast Mini French Toast 670 Fresh Fruit 656 Craisins Alt: 334 Cinnamon Toast Crunch Cup OR 387 Froot Loops BK Kit
20 318 Cinnamon Mini Waffles OR 324 Cocoa Puffs Cup 670 Fresh Fruit 447 Mott's Apple White Grape Alt: 328 Chocolate Chip Muffin OR 385 Trix BK Kit	21 322 Blueberry Muffin OR 307 Cherry Frudel 670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 328 Chocolate Chip Muffin OR 385 Trix BK Kit	22 368 Wheat Bagel OR 370 Cinnamon Toast Mini French Toast 670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 328 Chocolate Chip Muffin OR 385 Trix BK Kit	23 321 Banana Muffin OR 333 Blueberry Chex Cup 670 Fresh Fruit 608 Tropical Fruit Cup Alt: 328 Chocolate Chip Muffin OR 385 Trix BK Kit	24 351 Cinnamon Toast Crunch Bar OR 365 Mini Cinni Caramel Pull-A-Part 670 Fresh Fruit 446 Mott's Apple Juice Alt: 328 Chocolate Chip Muffin OR 385 Trix BK Kit
27 134 Cherry Vanilla Yogurt & 311 Apple Jacks Pouch OR 134 Cherry Vanilla Yogurt & 336 Apple Churro 670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 324 Cocoa Puffs Cup OR 381 Chocolate Cherry Granola BK Kit	28 316 Maple Mini Pancakes OR 366 Blueberry Bagel 670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 324 Cocoa Puffs Cup OR 381 Chocolate Cherry Granola BK Kit	29 320 Corn Muffin OR 334 Cinnamon Toast Crunch Cup 447 Mott's Apple White Grape 697 Bagged Sliced Apples Alt: 324 Cocoa Puffs Cup OR 381 Chocolate Cherry Granola BK Kit	30 327 Maple Mini Pancakes OR 369 Trix Mini French Toast 446 Mott's Apple Juice 657 Strawberry Craisins Alt: 324 Cocoa Puffs Cup OR 381 Chocolate Cherry Granola BK Kit	31 367 Cinnamon Raisin Bagel OR 323 Apple Cinnamon Muffin 670 Fresh Fruit 608 Tropical Fruit Cup Alt: 324 Cocoa Puffs Cup OR 381 Chocolate Cherry Granola 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 2025



Dear Parents, Caregivers, & Students

As the leaves turn, NDS is serving up warm, nutritious meals to keep students energized all month long. Thank you for your continued support in making healthy choices a part of every school day. NDS is excited to celebrate the season with comforting favorites and a few festive surprises!

Healthy Swaps

Hey explorers! Ready to fuel up for your next big adventure? Swap out sugary snacks for tasty treats from around the globe—like crunchy carrots from the USA, juicy mangoes from India, or sweet potato fries inspired by African cuisine. Sip on sparkling water with fruit like they do in Italy, and try banana “nice cream” for a tropical twist from the islands. Healthy swaps help you stay energized for every journey—whether you’re climbing mountains or just conquering the playground!

Fun Facts

Apples are 25% air and 75% water, which allows them to float above the water. This makes them perfect for bobbing for apples!

National Lunch Week

National School Lunch Week is a fun time to celebrate the tasty, healthy meals we enjoy at school—and to thank the awesome cafeteria staff who make it all happen! This year’s theme, “Taste the World: Your School Lunch Passport,” invites students to explore global cuisines and share stories about their favorite international foods. From October 13th to 17th, we’ll celebrate the flavors that bring us together and learn more about the cultures behind every bite!

Get Ready to Taste the World!

Pass the Plate!

Apples are a great source of fiber and vitamin C—perfect for a healthy snack! Take a look at how students around the world eat their apples!



Vietnamese Apple Rose Tart



Celebrating Rosh Hashanah



Greek Milopita Kia

Gratitude Corner

As part of our celebration of healthy meals and community spirit, students are invited to share what they’re thankful for! From your favorite foods to the friendly faces who serve lunch each day, this space is all about recognizing the people and moments that make lunchtime special.

