


Elementary School Breakfast Menu

November 2025

"Sail away to a healthy lunch!" - Amadou B. 4th Grade @ Vision Academy 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
3 370 Cinnamon Toast Mini French Toast OR 364 Mini Cinni Pull-A-Part 752 Fruit Punch Juice 658 Cherry Craisins Pre-K: 330 Blueberry Muffin 384 Cinnamon Toast Crunch Bar BK Kit	4 328 Chocolate Chip Muffin OR 325 Cinnamon Chex Cup  749 Apple Cherry Juice 670 Fresh Fruit Pre-K: 346 Cinnamon Toast Crunch 384 Cinnamon Toast Crunch Bar BK Kit	5 368 Wheat Bagel OR 262 Turkey Sausage Breakfast Pizza Bagel 748 Grape Juice 684 Strawberry Banana Applesauce Pre-K: 343 Rice Chex 384 Cinnamon Toast Crunch Bar BK Kit	6 312 Fruit Loops Pouch OR 329 Honey Cheerios Cup 670 Fresh Fruit 750 Apple Juice Pre-K: 331 Corn Muffin 384 Cinnamon Toast Crunch Bar BK Kit	7 367 Cinnamon Raisin Bagel OR 321 Banana Muffin 752 Fruit Punch Juice 659 Watermelon Craisins Pre-K: 369 Trix Mini French Toast 384 Cinnamon Toast Crunch Bar BK Kit
10 312 Fruit Loops Pouch OR 315 Apple Cinnamon Texas Toast 748 Grape Juice 670 Fresh Fruit Pre-K: 344 Blueberry Chex 382 Cinnamon Toast Crunch Bar BK Kit	11 367 Cinnamon Raisin Bagel OR 328 Chocolate Chip Muffin  749 Apple Cherry Juice 697 Sliced Apples Pre-K: 339 Orange Cranberry Muffin 382 Cinnamon Toast Crunch Bar BK Kit	12 307 Cherry Frudel OR 329 Honey Cheerios Cup 750 Apple Juice 688 Orange Mango Applesauce Pre-K: 327 Maple Mini Waffles 382 Cinnamon Toast Crunch Bar BK Kit	13 317 Confetti Mini Pancakes OR 138 Blueberry Yogurt & 922 Cinnamon Granola  753 Orange Juice 659 Watermelon Craisins Pre-K: 332 Apple Cinnamon Muffin 382 Cinnamon Toast Crunch Bar BK Kit	14 320 Corn Muffin OR 364 Mini Cinni Pull-A-Part  752 Fruit Punch Juice 670 Fresh Fruit Pre-K: 341 Honey Bunches of Oats Crunch 382 Cinnamon Toast Crunch Bar BK Kit
17 367 Cinnamon Raisin Bagel OR 334 Cinnamon Toast Crunch Cup  752 Fruit Punch Juice 670 Fresh Fruit Pre-K: 346 Cinnamon Toast Crunch 385 Trix Breakfast Kit	18 320 Corn Muffin OR 316 Maple Mini Pancakes 657 Strawberry Craisins 670 Fresh Fruit Pre-K: 369 Trix Mini French Toast 385 Trix Breakfast Kit	19 327 Maple Mini Waffles OR 325 Cinnamon Chex Cup 670 Fresh Fruit 748 Grape Juice Pre-K: 331 Corn Muffin 385 Trix Breakfast Kit	20 323 Apple Cinnamon Muffin OR 311 Apple Jacks Pouch 670 Fresh Fruit 684 Strawberry Banana Applesauce Pre-K: 341 Honey Bunches of Oats Crunch 385 Trix Breakfast Kit	21 306 Apple Baked Frudle OR 369 Trix Mini French Toast 750 Apple Juice 648 Strawberry Gel Cup Pre-K: 368 Wheat Bagel 385 Trix Breakfast Kit
24 359 Honey Scooters OR 133 Strawberry-Banana Yogurt & 922 Cinnamon Granola 670 Fresh Fruit 659 Watermelon Craisins Pre-K: 327 Maple Mini Waffles 387 Froot Loops BK Kit	25 317 Confetti Mini Pancakes OR 319 Orange Cranberry Muffin 670 Fresh Fruit 750 Apple Juice Pre-K: 341 Honey Bunches of Oats Crunch 387 Froot Loops BK Kit	26 366 Blueberry Bagel OR 329 Honey Cheerios Cup 670 Fresh Fruit 749 Apple Cherry Juice Pre-K: 367 Cinnamon Raisin Bagel 387 Froot Loops BK Kit	27-28 	

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.

Nutritional Development Services
Archdiocese of Philadelphia
222 N 17th St, Philadelphia, PA 19103
215-895-3470, option 1



NOVEMBER

2025



DEAR PARENTS, CAREGIVERS, & STUDENTS,

This Thanksgiving, NDS is stuffed with gratitude just like your favorite pie! We're so thankful for the chance to serve up tasty meals, share smiles, and fuel your days with love, and maybe a few veggies too!

You bring the joy, we bring the lunch—and together, we make school delicious. Wishing you a break full of laughter, leftovers, and lots of mashed potatoes!

NATIONAL CHILDREN'S BOOK WEEK

Get ready to turn the page on fun! The week of Nov 3rd to the 9th we're celebrating the power of stories, imagination, and all the amazing books that help us learn and grow. Whether you love silly tales, magical adventures, or books about real-life heroes, there's something for everyone. So grab a book, share a story, and let your imagination soar! Let NDS know about all of the amazing books you have read!

BREAD IN A BAG!

Grab your apron and get ready to bake! Celebrate National Homemade Bread Day on November 17th with a super easy 5-ingredient bread recipe you can make at home in A BAG with family and friends. Mix, bake, and enjoy warm, homemade bread together!

Ingredients:

- 3 cups flour
- 1/4 cup sugar
- 1 packet yeast (rapid or regular)
- 1/4 cup unsalted butter, melted
- 1 teaspoon salt (to taste)



Instructions:

- Combine 1 cup flour, 1/4 cup sugar, and yeast packet in a resealable bag.
- Add 1 cup of warm water. Seal the bag, pressing out air.
- Begin shaking and mixing the bag by hand.
- Set the bag to rest for 10 minutes (proofing).
- In a bowl, combine 1 cup of flour with salt. Pour into the bag along with melted butter.
- Seal the bag again, pressing out air. Shake and mix again.
- Open bag and add in last cup of flour.
- Seal bag, and mix for the final time.
- Pull out dough and place on a floured surface. With floured hands, knead the dough for 5-10 minutes.
- Place the dough in a greased loaf pan.
- Lay a towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30-45 minutes to rise.
- Bake at 375 for 25 minutes.



THANKSGIVING SCRAMBLE

Unscramble the Thanksgiving words!

YRTUKE → 

IPMUNPK → 

GIVGINTHAKS → 

EIP → 

NROC → 

YFLIMA → 

GRADITUDE CORNER

Thanksgiving is all about saying THANK YOU! What are you thankful for this year? Your family? Your friends? Your favorite snack? Maybe even recess! Take a moment to think about what makes you smile, put it on your thankful turkey and share it with someone!



RIDDLE ME THIS

I sit on the table, golden and round, Sometimes sweet, sometimes savory, I'm flavor-bound. I'm sliced and served with a dollop of cream, In autumn I reign, like a pie-lover's dream. What am I?

