

Middle & High 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 670 Fresh Fruit 658 Cherry Craisins Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch BK Kit	4 328 Chocolate Chip Muffin OR 325 Cinnamon Chex Cup  670 Fresh Fruit 446 Mott's Apple Juice Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch BK Kit	5 368 Wheat Bagel OR 262 Turkey Sausage Breakfast Pizza Bagel 670 Fresh Fruit 684 Strawberry Banana Applesauce Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch BK Kit	6 312 Fruit Loops Pouch OR 329 Honey Cheerios Cup 670 Fresh Fruit 445 Mott's Fruit Punch Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch BK Kit	7 367 Cinnamon Raisin Bagel OR 321 Banana Muffin 447 Mott's Apple White Grape 659 Watermelon Craisins Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch BK Kit
10 133 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	11 367 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	12 307 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	13 317 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 	14 320 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 
17 367 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	18 320 Corn Muffin OR 316 Maple Mini Pancakes 657 Strawberry Craisins 670 Fresh Fruit Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit	19 327 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	20 323 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	21 306 Apple Baked Frudle OR 369 Trix Mini French Toast 670 Fresh Fruit 649 Orange Gel Cup Alt: 328 Chocolate Chip Muffin OR 383 Cheerios Cereal Bar Kit
24 359 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	25 317 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	26 366 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	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 → 

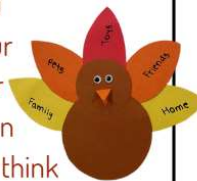
EIP → 

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?

