

Middle & High School Breakfast

December 2025

"Don't forget your greens or you won't get what you need"- Kaycee P. 4th Grade @ Holy Trinity 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
1 320 Corn Muffin OR 326 Trix Cereal Cup 670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit	2 311 Apple Jacks Pouch OR 318 Cinnamon Mini Waffles 445 Mott's Fruit Punch 684 Strawberry Banana Applesauce Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit	3 323 Apple Cinnamon Muffin OR 306 Apple Baked Frudel (Heat) 447 Mott's Apple White Grape 670 Fresh Fruit OR 682 Bananas Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit	4 367 Cinnamon Raisin Bagel OR 369 Trix Mini French Toast 657 Strawberry Craisins 670 Fresh Fruit Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit  National Cookie Day	5 365 Mini Cinni Caramel Pull-A-Part OR 334 Cinnamon Toast Crunch Cup  National Pear Day 447 Mott's Apple White Grape 670 Fresh Fruit OR 682 Bananas Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit
8 307 Cherry Frudel OR 325 Cinnamon Chex Cup 670 Fresh Fruit 695 Watermelon Craisins Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch Bar BK Kit	9 316 Maple Mini Pancakes OR 322 Blueberry Muffin 670 Fresh Fruit 684 Strawberry Banana Applesauce Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch Bar BK Kit	10 315 Apple Cinnamon Texas Toast (Heat) OR 324 Cocoa Puffs Cup 447 Mott's Apple White Grape 670 Fresh Fruit OR 682 Bananas Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch Kit	11 366 Blueberry Bagel OR 321 Banana Muffin 670 Fresh Fruit 658 Cherry Craisins Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch Bar BK Kit	12 131 Mango Yogurt & 312 Fruit Loops Pouch OR 327 Maple Mini Waffles 446 Mott's Apple Juice 670 Fresh Fruit OR 682 Bananas Alt: 320 Corn Muffins OR 384 Cinnamon Toast Crunch Kit
15 327 Maple Mini Waffles OR 338 French Toast Sticks 659 Watermelon Craisins 670 Fresh Fruit Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	16 308 Strawberry Mini Bagel OR 333 Blueberry Chex Cup 447 Mott's Apple White Grape 670 Fresh Fruit Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	17 327 Maple Mini Pancakes OR 306 Apple Baked Frudel 445 Mott's Fruit Punch 670 Fresh Fruit OR 682 Bananas Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit  National Maple Syrup Day	18 369 Trix Mini French Toast OR 351 Cinnamon Toast Crunch Bar 447 Mott's Apple White Grape 697 Bagged Sliced Apples Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit	19 325 Cinnamon Chex Cup OR 323 Apple Cinnamon Muffin 658 Cherry Craisins 670 Fresh Fruit OR 682 Bananas Alt: 321 Banana Muffin OR 390 Chocolate Chip Muffin Kit  National Muffin Day
22 364 Mini Cinni Pull-A-Part OR 324 Cocoa Puffs Cup 445 Mott's Fruit Punch 610 Papaya Mango Cup Alt: 327 Maple Mini Waffles OR 381 Chocolate Cherry Granola Kit	23 326 Trix Cereal Cup OR 358 Poffitz Pancake Bites 446 Mott's Apple Juice 658 Cherry Craisins Alt: 327 Maple Mini Waffles OR 381 Chocolate Cherry Granola Kit	24 	25 	26 
29 	30 	31 	1 	2
5 306 Apple Baked Frudel OR 334 Cinnamon Toast Crunch Cup 447 Mott's Apple White Grape 658 Cherry Craisins Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	6 338 French Toast Sticks OR 324 Cocoa Puffs Cup 670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	7 328 Chocolate Chip Muffin OR 308 Strawberry Mini Bagel 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	8 370 Cinnamon Toast Mini French Toast OR 131 Mango Yogurt & 922 Cinnamon Granola 659 Watermelon Craisins 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit	9 316 Maple Mini Pancakes OR 322 Blueberry Muffin 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast 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.

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



DECEMBER

2025



Holiday Cheers from NDS

As the season of gratitude arrives, NDS thanks you for your support and the joy you bring. We're grateful to serve up healthy meals, share smiles, and maybe sneak in a veggie or two! Wishing you a holiday full of warmth, laughter, and delicious moments.



Pears

December's fruit is the pear—juicy, sweet, and packed with fiber, vitamin C, and antioxidants to keep you healthy all winter long. Kids, grab your crayons and draw your favorite kind of pear—green, red, or golden—and decorate it with a festive twist!



Scan the QR to draw your own pear!



Candy Cane Playdough

Ready to get creative this holiday season? Make your own red and white playdough, then twist it into candy cane shapes. It's a fun way to show off your sculpting skills and add a festive touch to your creations. Try experimenting with patterns, sizes, or even turning your candy canes into ornaments or desk decor!



Ingredients:

- 1 cup all-purpose flour
- 1 tablespoon canola oil
- 1/2 cup warm water
- 1/2 cup salt
- 2-3 drops food coloring

Instructions:

- Combine flour and salt in a medium bowl. Slowly stir in the oil, warm water, and 2-3 drops of food coloring until the mixture is well combined.
- Transfer the dough to a flat surface and let it sit for a few minutes. It may feel a bit sticky, but DO NOT add more flour. As the dough sits, the salt will absorb the extra moisture. Knead well.
- If your dough is sticky after about 5 minutes, add an additional 2 tablespoons of flour at a time until it is the perfect consistency.
- Store in a zip-lock bag or airtight container, and place in the refrigerator. If you notice the playdough getting a bit dry, you can add a few drops of water and knead that into the dough.

Christmas Lights Scavenger Hunt

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| ☐ Snowflake | ☐ Nativity Scene |
| ☐ Train | ☐ Bell |
| ☐ Candy Cane | ☐ Snow Globe |
| ☐ Blue Lights | ☐ Polar Bear |
| ☐ Colored Lights | ☐ Star |
| ☐ Elf | ☐ Rudolph Red Nose Reindeer |

Gratitude Corner

December is a time for cozy moments, kindness, and giving. Thank you for warm meals, twinkling lights, and people who care. Thank you for snowflakes, laughter, and the joy of sharing. Help us show love, be thankful, and spread cheer wherever we go. This season, may our hearts be full of gratitude and joy.

