



Middle & High School Breakfast Menu

March 2026

the quest for school breakfast

National School Breakfast Week
March 2-6, 2026



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
2 320 Corn Muffins OR 326 Trix Cereal Cup 654 Raspberry Lemonade Craisins 670 Fresh Fruit Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit	3 311 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	4 323 Apple Cinnamon Muffin OR 306 Apple Baked Frudel 657 Strawberry Craisins 447 Mott's Apple White Grape Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit	5 367 Cinnamon Raisin Bagel OR 369 Trix Mini French Toast 642 Orange Burst Raisels 670 Fresh Fruit OR 682 Bananas Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit	6 365 Mini Cinni Caramel Pull-A-Part OR 334 Cinnamon Toast Crunch Cup 670 Fresh Fruit OR  682 Bananas 447 Mott's Apple White Grape Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit
9 307 Cherry Frudel OR 325 Cinnamon Chex Cup 670 Fresh Fruit 659 Watermelon Craisins Alt: 320 Corn Muffins OR 387 Fruit Loops BK Kit	10 317 Confetti Mini Pancakes OR 322 Blueberry Muffin 670 Fresh Fruit 684 Strawberry Banana Applesauce Alt: 320 Corn Muffins OR 387 Fruit Loops BK Kit 	11 315 Apple Cinnamon Texas Toast (Heat) OR 324 Cocoa Puffs Cup 658 Cherry Craisins 447 Mott's Apple White Grape Alt: 320 Corn Muffins OR 387 Fruit Loops BK Kit	12 366 Blueberry Bagel OR 321 Banana Muffin 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Alt: 320 Corn Muffins OR 387 Fruit Loops BK Kit	13 131 Mango Yogurt & 312 Fruit Loops Pouch OR 327 Maple Mini Waffles 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice Alt: 320 Corn Muffins OR 387 Fruit Loops BK Kit
16 327 Maple Mini Waffles OR 338 French Toast Sticks (Heat) 659 Watermelon Craisins 670 Fresh Fruit Alt: 321 Banana Muffin OR 391 Blueberry Muffin Kit	17 333 Blueberry Chex Cup OR 308 Strawberry Mini Bagel  447 Mott's Apple White Grape 670 Fresh Fruit Alt: 321 Banana Muffin OR 391 Blueberry Muffin Kit	18 370 Cinnamon Toast Mini French Toast OR 306 Apple Baked Frudel 445 Mott's Fruit Punch 697 Bagged Sliced Apples Alt: 321 Banana Muffin OR 391 Blueberry Muffin Kit	19 369 Trix Mini French Toast OR 351 Cinnamon Toast Crunch Bar 670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Alt: 321 Banana Muffin OR 391 Blueberry Muffin Kit	20 325 Cinnamon Chex Cup OR 323 Apple Cinnamon Muffin 658 Cherry Craisins 670 Fresh Fruit OR  682 Bananas Alt: 321 Banana Muffin OR 391 Blueberry Muffin Kit
23 364 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 BK Kit	24 326 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 BK Kit	25 367 Cinnamon Raisin Bagel OR 328 Chocolate Chip Muffin 447 Mott's Apple White Grape 670 Fresh Fruit Alt: 327 Maple Mini Waffles OR 381 Chocolate Cherry Granola BK Kit	26 316 Maple Mini Pancakes OR 338 French Toast Sticks (Heat)  670 Fresh Fruit 641 Tropical Raisels Alt: 327 Maple Mini Waffles OR 381 Chocolate Cherry Granola BK Kit	27 306 Apple Baked Frudel OR 131 Mango Yogurt & 311 Apple Jacks Pouch 670 Fresh Fruit OR 682 Bananas 657 Strawberry Craisins Alt: 327 Maple Mini Waffles 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.

MARCH 2026



Pot of Gold

March is chock-full of magical fun! Spring is on its way, bringing fresh starts, blooming flowers, and brighter days. March is also National Wellness Month, a great time to take care of our bodies, minds, and feelings by moving, resting, and being kind to ourselves and others. Plus, it's National School Breakfast Week—so don't forget to eat a healthy breakfast to fuel your brain and body and help you learn and play your best every day!



Spring Into Wellness

Spring is here! The first day of spring is a great time to build healthy habits like eating colorful fruits and veggies, drinking plenty of water, and staying active outdoors. As we welcome the season of growth, NDS is also looking for members to join our Wellness Committee to help promote healthy schools and strong communities. Parents, educators, and community members are encouraged to get involved and share ideas that support student wellness. All meetings are virtual; please contact NDS (jfalk@ndsearch.org) for more information.



National School Breakfast Week

Hear ye, hear ye! Get ready to conquer the school day as we go on The Quest for School Breakfast! From March 2nd to March 6th, NDS will be celebrating the importance of a healthy start to the day during National School Breakfast Week. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. A healthy breakfast fuels the brain and body for learning and play. Join the quest by enjoying school breakfast, trying new menu items, and taking part in fun activities and challenges throughout the week. It's a royal way to start every day!



Leprechauns

March is the month of leprechauns! Leprechauns come from Irish folklore and have been part of Irish stories for hundreds of years! Long ago, people believed these tiny shoemakers were very clever and loved to protect their pots of gold. Today, leprechauns are known for their tricky ways and lucky magic. Can you find all 17 sneaky leprechauns hiding on this page? Look closely, they love to play tricks!

Scan the QR Code to make your own Leprechaun Hat Box to protect your pot of gold!



Recycled Flowers

Spring is here, and that means sunshine, colorful flowers, and new beginnings! To celebrate, we're getting creative with a fun craft of making flowers out of recycled materials! Just like spring gives new life to the world, we can give new life to materials by reusing them instead of throwing them away.

• **Gather Materials:** Collect items like cardboard tubes, newspaper, magazines, plastic bottles, or bottle caps.

• **Create Petals:** Cut petal shapes from your chosen material

• **Form Petals:** Shape them by rolling, curling, or bending

• **Assemble the Flower:** Glue petals around a central point from the inside out, layering them for fullness.

• **Decorate:** Paint, color with markers, or add glitter for extra flair

