





High & Middle School Breakfast Menu

May 2026

"Yo Ho Ho, Ahoy Mateys! All Buccaneers must have Breakfast!" Danica H. 6th Grade @ Blessed Trinity

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
<p style="text-align: right;">4</p> <p>364 Mini Cinni Pull-A-Part OR 324 Cocoa Puffs Cup</p> <p>445 Mott's Fruit Punch 610 Papaya Mango Cup Alt: 327 Maple Mini Waffles OR 382 Cinnamon Toast Crunch Bar Kit</p> 	<p style="text-align: right;">5</p> <p>326 Trix Cereal Cup OR 358 Poffitz Pancake Bites</p> <p>446 Mott's Apple Juice 658 Cherry Craisins Alt: 327 Maple Mini Waffles OR 382 Cinnamon Toast Crunch Bar Kit</p>	<p style="text-align: right;">6</p> <p>367 Cinnamon Raisin Bagel OR 328 Chocolate Chip Muffin</p>  <p>447 Mott's Apple White Grape 670 Fresh Fruit Alt: 327 Maple Mini Waffles OR 382 Cinnamon Toast Crunch Bar Kit</p>	<p style="text-align: right;">7</p> <p>316 Maple Mini Pancakes OR 338 French Toast Sticks (Heat)</p> <p>670 Fresh Fruit 641 Tropical Raisels Alt: 327 Maple Mini Waffles OR 382 Cinnamon Toast Crunch Bar Kit</p>	<p style="text-align: right;">8</p> <p>306 Apple Baked Frudel OR 131 Mango Yogurt & 311 Apple Jacks Pouch</p> <p>670 Fresh Fruit 657 Strawberry Craisins Alt: 327 Maple Mini Waffles OR 382 Cinnamon Toast Crunch Bar Kit</p>
<p style="text-align: right;">11</p> <p>306 Apple Baked Frudel (Heat) OR 334 Cinnamon Toast Crunch Cup</p> <p>447 Mott's Apple White Grape 658 Cherry Craisins Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit</p>	<p style="text-align: right;">12</p> <p>338 French Toast Sticks (Heat) OR 366 Blueberry Bagel</p> <p>670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit</p>	<p style="text-align: right;">13</p> <p>328 Chocolate Chip Muffin OR 308 Strawberry Mini Bagel</p> <p>670 Fresh Fruit 446 Mott's Apple Juice Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit</p> 	<p style="text-align: right;">14</p> <p>370 Cinnamon Toast Mini French Toast OR 131 Mango Yogurt & 922 Cinnamon Granola</p> <p>659 Watermelon Craisins 670 Fresh Fruit Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit</p>	<p style="text-align: right;">15</p> <p>316 Maple Mini Pancakes OR 322 Blueberry Muffin</p> <p>670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Alt: 329 Honey Cheerios Cup OR 385 Trix Breakfast Kit</p>
<p style="text-align: right;">18</p> <p>315 Apple Cinnamon Texas Toast (Heat) OR 134 Cherry Vanilla Yogurt & 312 Fruit Loops Pouch</p> <p>445 Mott's Fruit Punch 670 Fresh Fruit Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch Kit</p>	<p style="text-align: right;">19</p> <p>317 Confetti Mini Pancakes OR 329 Honey Cheerios Cup</p> <p>670 Fresh Fruit 654 Raspberry Lemonade Craisins Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch Kit</p>	<p style="text-align: right;">20</p> <p>319 Orange Cranberry Muffin OR 372 Lemon Bread Slice</p> <p>670 Fresh Fruit 446 Mott's Apple Juice Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch Kit</p> 	<p style="text-align: right;">21</p> <p>366 Blueberry Bagel OR 325 Cinnamon Chex Cup</p> <p>670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch Kit</p>	<p style="text-align: right;">22</p> <p>321 Banana Muffin OR 327 Maple Mini Waffles</p> <p>670 Fresh Fruit OR 682 Bananas 641 Tropical Raisels Alt: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch Kit</p>
<p style="text-align: right;">25</p> 	<p style="text-align: right;">26</p> <p>311 Apple Jacks Pouch OR 318 Cinnamon Mini Waffles</p> <p>445 Mott's Fruit Punch 684 Strawberry Banana Applesauce Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit</p>	<p style="text-align: right;">27</p> <p>323 Apple Cinnamon Muffin OR 306 Apple Baked Frudel</p> <p>654 Raspberry Lemonade Craisins 447 Mott's Apple White Grape Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit</p>	<p style="text-align: right;">28</p> <p>367 Cinnamon Raisin Bagel OR 314 Chocolate Swirl</p> <p>670 Fresh Fruit 657 Strawberry Craisins Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit</p>	<p style="text-align: right;">29</p> <p>365 Mini Cinni Caramel Pull-A-Part OR 334 Cinnamon Toast Crunch Cup</p> <p>670 Fresh Fruit OR 682 Bananas 447 Mott's Apple White Grape Alt: 317 Confetti Mini Pancakes OR 383 Cheerios Cereal Bar BK Kit</p>

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.

MAY 2026



May Is Here!

May is here, bringing sunshine, fresh air, and a feeling of excitement as spring continues! Flowers are blooming, trees are full of green leaves, and the days are growing longer. May is a time to celebrate growth, hard work, and the progress we've made this year. It's also a wonderful month to enjoy nature, practice kindness, and stay focused as we get closer to the end of the school year. Let's make the most of this bright and busy month and continue to learn, grow, and shine together!



Free Summer Meals

This summer, NDS is teaming up with community partners across Philadelphia and the surrounding counties to provide FREE meals to children 18 and under. Starting June 15th, NDS will be offering both breakfast and lunch. Meals are delivered directly to each site and are ready to be served!

If you're interested in becoming a site or would like to learn more, please contact NDS at 215-895-3470, option 1, or scan the code!



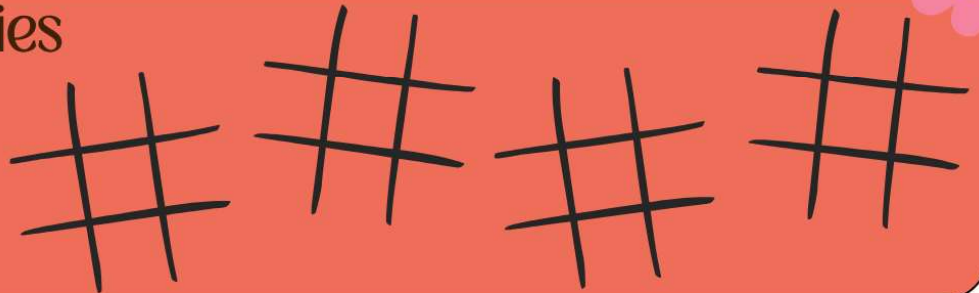
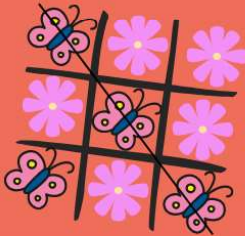
Get Those Old Milk Cartons!

Spring is the perfect time to start a garden of your own. Using an old milk carton is a fun and easy way to plant seeds and watch them grow. In the Philadelphia area, simple plants like lettuce, radishes, herbs (such as basil or parsley), and flowers like marigolds grow well in the spring. With a little sunlight, water, and care, kids can enjoy helping their plants grow and learning how gardens work. Don't forget to share! Kids are invited to show NDS the mini gardens they created and celebrate their hard work and growing success!



Flowers vs Butterflies

Using butterflies and flowers, challenge your friends to a game of tic-tac-toe!



May 1st is National School Lunch Hero Day!

This special day celebrates the hardworking staff who prepare and serve healthy, delicious meals for our students every day. They are true school heroes, helping children stay fueled and ready to learn. NDS would like to say a big thank you to our amazing lunch staff for all they do!

Show your appreciation by decorating your own apron! Add kind words, drawings, or your favorite things about school lunch. When you're finished, be sure to include a big thank-you for your hardworking school lunch manager and cafeteria staff!



Memorial Day

Every year, on the last Monday in May, our nation honors the brave servicemen and women who have passed away. To remember the lives lost, Americans wear poppies as a symbol of remembrance. The red poppy has been worn since World War I to honor those who served our country and made the ultimate sacrifice. You can honor our soldiers by making your own poppy. Follow the QR code to learn how to create a poppy and show your respect for those who served.

