




Elementary School Breakfast Menu

April 2025

"Prosper your diet and GROW"- Gabrielle N. 4th Grade @ Holy 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, and grains are whole grain. All Items are pork free.

Monday	Tuesday	Wednesday	Thursday	Friday
31 312 Fruit Loops Pouch OR 324 Cocoa Puffs Cup 748 Grape Juice 670 Fresh Fruit	1 328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel  749 Apple Cherry Juice 648 Strawberry Gel Cup	2 324 Cocoa Puffs Cereal OR 325 Cinnamon Chex Cereal 750 Apple Juice 688 Orange Mango Applesauce  World Autism Awareness Day	3 317 Confetti Mini Pancakes OR 138 Blueberry Yogurt & 922 Cinnamon Granola 753 Orange Juice 659 Watermelon Craisins  National Burrito Day	4 320 Corn Muffin OR 364 Mini Cinni Pull Apart 752 Fruit Punch Juice 670 Fresh Fruit  International Carrot Day
7 365 Mini Cinni Caramel Pull Apart OR 324 Cocoa Puffs Cup 750 Apple Juice 670 Fresh Fruit	8 320 Corn Muffin OR 334 Cinnamon Toast Crunch Cereal 749 Apple Cherry Juice 697 Sliced Apples  National Empanada Day	9 369 Trix Mini French Toast OR 365 Mini Cinni Caramel Pull Apart 752 Fruit Punch Juice 670 Fresh Fruit  School Nurse Day	10 329 Honey Cheerios Cup OR 134 Cherry Vanilla Yogurt & 336 Apple Churro 753 Orange Juice 608 Tropical Fruit Cup Early Dismissal @ 11:00 A.M. Confirmation @ 4:00 P.M.	11 367 Cinnamon Raisin Bagel OR 321 Banana Muffin 748 Grape Juice 659 Watermelon Craisins
14 334 Cinnamon Toast Crunch Cup 748 Grape Juice 689 Strawberry Applesauce	15 316 Maple Mini Pancakes OR 364 Mini Cinni Pull Apart 749 Apple Cherry Juice 670 Fresh Fruit  World Art Day	16 Easter Break NO SCHOOL	17 Holy Thursday NO SCHOOL	18 Good Friday NO SCHOOL
21 Easter Monday NO SCHOOL	22 Classes Resume Breakfast Kit Variety  Earth Day	23 333 Blueberry Chex Cereal OR 136 Vanilla Yogurt & 312 Fruit Loops Pouch 748 Grape Juice 670 Fresh Fruit	24 328 Chocolate Chip Muffin OR 317 Confetti Mini Pancakes 752 Fruit Punch Juice 648 Strawberry Gel Cup	25 367 Cinnamon Raisin Bagel OR 364 Mini Cinni Pull Apart 753 Orange Juice 670 Fresh Fruit
28 334 Cinnamon Toast Crunch Cup 748 Grape Juice 654 Raspberry Lemonade Craisins	29 327 Maple Mini Waffles OR 333 Apple Cinnamon Muffin  International Dance Day 750 Apple Juice 698 Strawberry Applesauce	30 321 Banana Muffin OR 133 Strawberry-Banana Yogurt & 922 Cinnamon Granola 752 Fruit Punch Juice 670 Fresh Fruit	1 308 Strawberry Mini Bagel 749 Apple Cherry Juice 690 Apple Crisp	2 367 Cinnamon Raisin Bagel OR 317 Confetti Mini Pancakes 753 Orange Juice 670 Fresh Fruit

V= Vegetarian Options

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.





APRIL 2025

Dear Parents, Caregivers, & Students,

April Showers Bring May Flowers! Spring is the perfect time to try new activities and feel refreshed. With colorful blooms and fresh air, it's a season of growth. At NDS, we're excited to bring the beauty of spring into our meals with seasonal fruits and amazing veggies. We look forward to providing delicious, energizing meals for students this spring. Thank you for your continued support!

Happy Earth Day!

Today is a special day to celebrate our beautiful planet! Earth Day is a time to remember how we can take care of the environment. Whether it's planting a tree, picking up litter, or saving water, there are lots of ways we can help protect nature. Let's all do our part to keep the Earth clean, green, and happy for everyone to enjoy!

Rainy Day Activities

April is a very rainy time of the year. Rainy days are perfect for staying active indoors! Try an obstacle course, dance party, or fun yoga moves. Healthy snacks like fruit kabobs or smoothies are also a great idea. Get creative with arts and crafts, build a cozy blanket fort, or have a movie marathon with favorite films and snacks. The rain might keep you inside, but your imagination can take you anywhere!

Wellness Committee

NDS is looking for members to join our Wellness Committee! Parents, PE teachers, school health professionals, and school administrators from the schools we sponsor are encouraged to participate in addition to NDS board members, the public, and other interested stakeholders.

Committee members will be responsible for updating policy language, recruiting new members, assisting with policy assessment, promoting wellness activities and policy adherence at their schools, and sharing ideas for wellness activities that schools can implement. Our next meeting will be Monday, April 28th. All meetings are virtual and held via Microsoft Teams. Please contact Jean Falk at 215-895-3470 or email jfalk@ndsarch.org for background information or other details.

Broccoli

This month NDS is highlighting a powerhouse veggie—Broccoli! This super veggie is packed with vitamins, fiber, and minerals to keep you strong and healthy! It helps boost your immune system, keeps your bones strong, and gives you energy to stay active. Whether you eat it raw, roasted, or in a stir-fry, broccoli is a tasty and super nutritious way to fuel your day!

Thank you for the
beauty of spring.
For flowers, trees, and
sunny days,
and for new life all
around us.
Help us to grow in
kindness and love.
Amen.

