

Elementary Breakfast Menu

February 2025

"Fruits contain nutrients, so should YOU!" - Jason Z. 8th Grade @ Christopher Columbus Charter 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, and grains are whole grain. All Items are pork

Monday	Tuesday	Wednesday	Thursday	Friday
3 365 Mini Cinni Caramel Pull-A-Part OR 324 Cocoa Puffs Cup 750 Apple Juice 670 Fresh Fruit	4 320 Corn Muffin 749 Apple Cherry Juice 697 Bagged Sliced Apples	5 369 Trix Mini French Toast OR 365 Mini Cinni Caramel Pull-A-Part 752 Fruit Punch Juice 670 Fresh Fruit	134 Cherry Vanilla Yogurt & 336 Apple Churro  753 Orange Juice 670 Fresh Fruit	7 324 Cocoa Puffs Cup OR 329 Honey Cheerios Cup 748 Grape Juice 659 Watermelon Craisins
10 334 Cinnamon Toast Crunch Cup 748 Grape Juice 689 Strawberry Applesauce	11 316 Maple Mini Pancakes OR  364 Mini Cinni Pull-A- Part 749 Apple Cherry Juice 670 Fresh Fruit	12  370 Cinnamon Toast Mini French Toast 750 Apple Juice 654 Raspberry Lemonade Craisins	13 325 Cinnamon Chex Cup  752 Fruit Punch Juice 670 Fresh Fruit	14 318 Cinnamon Mini Waffles OR 322 Blueberry Muffin 753 Orange Juice 670 Fresh Fruit 
17 Presidents' Day NO SCHOOL	18 Breakfast Kit Variety	19 136 Vanilla Yogurt & 312 Fruit Loops Pouch 748 Grape Juice 670 Fresh Fruit	20 328 Chocolate Chip Muffin OR 317 Confetti Mini Pancakes 752 Fruit Punch Juice 648 Strawberry Gel Cup 	21 333 Blueberry Chex Cereal OR 364 Mini Cinni Pull-A- Part 753 Orange Juice 670 Fresh Fruit
24 334 Cinnamon Toast Crunch Cup 748 Grape Juice 654 Raspberry Lemonade Craisins	25 327 Maple Mini Waffles OR 323 Apple Cinnamon Muffin 750 Apple Juice 698 Strawberry Applesauce	26 321 Banana Muffin OR 133 Strawberry- Banana Yogurt & 922 Cinnamon Granola 752 Fruit Punch Juice 670 Fresh Fruit	27 308 Strawberry Mini Bagel 749 Apple Cherry Juice 691 Strawberry Apple Crisp 	28 329 Honey Cheerios Cup  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.





February 2025



DEAR PARENTS, CAREGIVERS, & STUDENTS,

As we celebrate the month of love, we want to extend a heartfelt thank you to all the families, administration, and lunch managers who make the NDS Lunch Program so special. Each meal we serve is prepared with care, and it brings us joy to know that we are helping to fuel your child's heart and mind. This Valentine's season, we're sending you all a plate full of appreciation and warmth. Thank you for being an important part of our program!



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, February 24th. 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.



BLACK HISTORY MONTH



February is Black History Month, a time to honor and celebrate the rich history, culture, and contributions of Black individuals throughout history. It's an opportunity for families to come together, reflect on the past, and learn about the achievements of Black leaders, artists, activists, and innovators who have shaped our world.

This month, take time to explore the stories of pioneers like Martin Luther King Jr., Rosa Parks, Shirley Chisholm, and many others. Share these stories with your children, engage in meaningful conversations, and explore local museums, books, or documentaries that highlight African American history.



FUNGI



This month, let's show some love to mushrooms! These little fungi are packed with nutrients that help keep your body strong and healthy. From boosting your immune system to keeping your bones happy, mushrooms are the perfect way to add some extra goodness to your meals. Whether you're enjoying them on a pizza or in a cozy soup, mushrooms are here to help your heart and body stay strong!



PRAYER

Thank You for the gift of love.
May our hearts be filled with
kindness and compassion,
sharing Your love with
everyone around us.
Amen.

