

# Elementary School Breakfast Menu January 2026

"Eat your veggies every day, to be healthy in every way"- Victory C. 6<sup>th</sup> Grade @ Blessed Trinity

Menu is subject to change, 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
<b>12</b> Trix Cereal OR <b>134</b> Cherry Vanilla Yogurt & <b>312</b> Fruit Loops Pouch <b>748</b> Grape Juice <b>670</b> Fresh Fruit 	<b>13</b> <b>317</b> Confetti Mini Pancakes OR <b>329</b> Honey Cheerios Cup <b>752</b> Fruit Punch Juice <b>654</b> Raspberry Lemonade Craisins	<b>14</b> <b>366</b> Blueberry Bagel OR <b>358</b> Poffitz Pancake Bites  <b>670</b> Fresh Fruit <b>747</b> Orange Citrus Blend Juice	<b>15</b> <b>326</b> Blueberry Chex Cereal OR <b>324</b> Cocoa Puffs Cup <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>16</b> <b>321</b> Banana Muffin OR <b>327</b> Maple Mini Waffles <b>749</b> Apple Cherry Juice <b>641</b> Tropical Raisels
<b>19</b> <b>NO SCHOOL</b>  <b>MARTIN LUTHER KING DAY</b>	<b>20</b> <b>Breakfast Kit Variety</b>  <b>National Granola Bar Day</b>	<b>21</b> <b>323</b> Apple Cinnamon Muffin OR <b>326</b> Blueberry Chex Cereal <b>752</b> Fruit Punch Juice <b>657</b> Strawberry Craisins	<b>22</b> <b>367</b> Cinnamon Raisin Bagel OR <b>369</b> Trix Mini French Toast  <b>753</b> Orange Juice <b>670</b> Fresh Fruit	<b>23</b> <b>365</b> Mini Cinni Caramel Pull-A-Part OR <b>334</b> Cinnamon Toast Crunch Cup <b>748</b> Grape Juice <b>670</b> Fresh Fruit
<b>26</b> Trix Cereal OR <b>326</b> Blueberry Chex Cereal <b>747</b> Orange Citrus Blend Juice <b>689</b> Strawberry Applesauce	<b>27</b> <b>316</b> Maple Mini Pancakes OR <b>322</b> Blueberry Muffin <b>670</b> Fresh Fruit <b>752</b> Fruit Punch Juice	<b>28</b> <b>329</b> Honey Cheerios Cup OR <b>324</b> Cocoa Puffs Cup <b>753</b> Orange Juice <b>658</b> Cherry Craisins	<b>29</b> <b>366</b> Blueberry Bagel OR <b>321</b> Banana Muffin <b>748</b> Grape Juice <b>670</b> Fresh Fruit	<b>30</b> <b>312</b> Fruit Loops Pouch OR <b>334</b> Cinnamon Toast Crunch Cereal <b>749</b> Apple Cherry Juice <b>670</b> Fresh Fruit

**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.





# January

2026

## Cheers to a Flavorful New Year!

Wishing you and your family a fresh start filled with health, happiness, and great meals. NDS is excited to serve up more delicious breakfasts, lunches, and joyful moments in 2026! Here's to a tasty and terrific year ahead!

## Lunch Time Capsule

Start the new year with a fun family activity — create your own lunch-themed time capsule! Draw your favorite school lunch, write down what you love to eat, or make a list of foods you want to try this year. Seal it up and save it to open next January and see how your tastes have changed!



## A Grape New Year Tradition!

In Spain and other countries, families celebrate New Year's Eve by eating 12 grapes at midnight — one for each chime of the clock. Each grape represents a wish for good luck in each month of the year. It's a fun way to welcome the new year with hope, laughter, and a little sweetness! This tasty tradition has been passed down through generations, reminding us to start the year with positive thoughts and good vibes.

Grape Craft Activity: Cut out 12 circles from purple paper or color them in with purple crayons. On each circle, write something you want to do or change in the new year. Then glue your 12 circles together to make your own bunch of grapes — a creative way to set your goals and dreams for 2026!



## Gratitude Corner

A brand new year is the perfect time to pause and think about all the good things in our lives — like friends who make us laugh, teachers who help us grow, and delicious lunches that fill our bellies. Starting 2026 with a thankful heart helps us feel happier and kinder every day. Let's look for little moments to say "thank you" and spread joy all year long!

## Make Some Noise for the New Year!

Noisemakers are a fun way to celebrate the start of a brand new year! Around the world, people use bells, shakers, horns, and clappers to fill the air with joyful sounds at midnight. The noise is meant to welcome good luck and chase away the old year.

Follow the QR code to learn how to make your own noisemaker at home and ring in the new year with cheer!

