


Elementary School Breakfast Menu

March 2025

"Healthy Food RULE like a KING!!" - Robbie C. 4th Grade @ St. Peter the Apostle

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
3 334 Cinnamon Toast Crunch Cup OR 321 Banana Muffin 654 Raspberry Lemonade Craisins 748 Grape Juice	4 325 Cinnamon Chex Cup OR 333 Blueberry Chex Cereal 753 Orange Juice 670 Fresh Fruit	5  Ash Wednesday 136 Vanilla Yogurt & 337 Raspberry Churro 749 Apple Cherry Juice 670 Fresh Fruit	6 324 Cocoa Puffs Cup OR 329 Honey Cheerios Cup 748 Grape Juice 670 Fresh Fruit	7 352 Cocoa Puff Bar OR 366 Blueberry Bagel 750 Apple Juice 670 Fresh Fruit
10 312 Fruit Loops Pouch 648 Craisins 670 Fresh Fruit	11 328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel 648 Strawberry Gel Cup 670 Fresh Fruit	12 324 Cocoa Puffs Cup OR 329 Honey Cheerios Cup 750 Apple Juice 670 Fresh Fruit	13 311 Apple Jacks Cereal Pouch OR 138 Blueberry Yogurt & 922 Cinnamon Granola 753 Orange Juice 659 Watermelon Craisins	14 320 Corn Muffin OR 317 Confetti Mini Pancakes 752 Fruit Punch Juice 670 Fresh Fruit
17 365 Mini Cinni Caramel Pull-a-part OR 324 Cocoa Puffs Cup 750 Apple Juice 648 Craisins	18 320 Corn Muffin OR 312 Fruit Loops Pouch 749 Apple Cherry Juice 697 Sliced Apples	19 369 Trix Mini French Toast OR 333 Blueberry Chex Cereal 752 Fruit Punch Juice 670 Fresh Fruit	20 329 Honey Cheerios Cup OR 134 Cherry Vanilla Yogurt & 336 Apple Churro 753 Orange Juice 689 Strawberry Applesauce	21 367 Cinnamon Raisin Bagel OR 321 Banana Muffin 748 Grape Juice 659 Watermelon Craisins
24 334 Cinnamon Toast Crunch Cup 748 Grape Juice 689 Strawberry Applesauce	25 366 Blueberry Bagel OR 364 Mini Cinni Pull-a-part 749 Apple Cherry Juice 670 Fresh Fruit	26 National Spinach Day 370 Cinnamon Toast Mini French Toast 750 Apple Juice 654 Raspberry Lemonade Craisins	27 316 Mini Maple Pancakes 752 Fruit Punch Juice 670 Fresh Fruit	28 318 Cinnamon Mini Waffles OR 322 Blueberry Muffin 753 Orange Juice 648 Craisins

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.



MARCH 2025



Dear Parents, Caregivers, & Students,

This month, we are excited to celebrate not only St. Patrick's Day but also National Breakfast Week! At NDS, we are dedicated to providing students with a wonderful meal to start their day.

As we embrace the season, we are reminded of the symbolism of the three-leaf clover. The shamrock, a three-leaf clover, has been associated with Ireland for centuries. Known as the "seamroy" by the Celts, it was considered a sacred plant symbolizing the arrival of spring. Legend says that each leaf of the clover represents Hope, Faith, Love, and Luck. While the odds of finding a four-leaf clover are 1 in 10,000, we can assure you that the odds of students enjoying a great meal with NDS are always 100%. We look forward to sharing a memorable month filled with delicious meals and fun celebrations with your children!

National Breakfast Week

Get your magnifying glass, put on your detective hat, and clue into National School Breakfast Week! From March 3rd to March 7th, NDS will be celebrating the importance of a healthy start to the day in fueling a child's academic success. The school year can be a very busy time for families, and often, breakfast gets skipped. That's why school breakfast is such a great option!

It has been shown that students who eat school breakfast tend to have better attendance rates, fewer behavioral problems, higher levels of achievement in reading and math, and score better on standardized tests. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. Make sure to stop by your school breakfast to find your clues to starting a great day!



National Wellness Month

March is National Wellness Month! It's the perfect time to focus on physical, mental, and emotional well-being. During this month, NDS is encouraging students to create healthy habits that will last long after March is over. These habits can include getting 8 hours of sleep, practicing mindfulness and meditation, eating a balanced diet, and engaging in regular exercise. At NDS, we support these efforts by providing students with healthy meals that include a variety of foods from all five food groups: fruits, vegetables, whole grains, protein, and dairy. Fuel up during the month with NDS breakfast & lunch!

Dairy

Did you know U.S. cows produce about 21 billion gallons of milk annually? In March, we celebrate the benefits of milk, which is produced by family-owned farms in every state. With new technology, farmers keep cows healthy while providing milk rich in protein, calcium, and vitamins A & D—great for strong bones and teeth. Fun fact: Chocolate milk helps rehydrate and refuel muscles after a workout!

Prayer

Thank you for this wonderful breakfast and the energy it gives us. Bless those who prepared it, and help us use this strength to do good today. Amen.