



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
<p>2</p> <p>321 Banana Muffin OR 327 Maple Mini Waffles 749 Apple Cherry Juice 670 Fresh Fruit</p>	<p>3</p> <p>366 Blueberry Bagel OR 325 Cinnamon Chex Cup OR 326 Blueberry Chex Cereal 748 Grape Juice 670 Fresh Fruit</p>	<p>4</p> <p>Corn Muffin OR 326 Trix Cereal Cup 749 Apple Juice 657 Strawberry Craisins</p>	<p>5</p> <p>367 Cinnamon Raisin Bagel OR 369 Trix Mini French Toast 753 Orange Juice 670 Fresh Fruit</p>	<p>6</p> <p>324 Cocoa Puffs Cup OR 334 Cinnamon Toast Crunch Cup 747 Orange Citrus Blend Juice 670 Fresh Fruit</p> <p> Snack Day</p>
<p>9</p> <p>307 Cherry Frudel OR 365 Mini Cinni Caramel Pull Apart 747 Orange Citrus Blend Juice 689 Strawberry Applesauce</p>	<p>10</p> <p>317 Confetti Mini Pancakes OR 322 Blueberry Muffin 670 Fresh Fruit 752 Fruit Punch Juice</p> <p> Global Recycling Day</p>	<p>11</p> <p>334 Cinnamon Toast Crunch Cereal Cup OR 324 Cocoa Puffs Cup 753 Orange Juice 658 Cherry Craisins</p>	<p>12</p> <p>366 Blueberry Bagel OR 321 Banana Muffin 748 Grape Juice 670 Fresh Fruit</p>	<p>13</p> <p>312 Fruit Loops Pouch OR 327 Maple Mini Waffles 749 Apple Cherry Juice 670 Fresh Fruit</p>
<p>16</p> <p>327 Maple Mini Waffles OR 324 Cocoa Puffs Cup 659 Watermelon Craisins 749 Apple Cherry Juice</p>	<p>17</p> <p>308 Strawberry Mini Bagel 747 Orange Citrus Blend Juice 670 Fresh Fruit</p> <p> HAPPY ST. PATRICK'S DAY</p>	<p>18</p> <p>370 Cinnamon Toast Mini French Toast OR 306 Apple Baked Frudel 753 Orange Juice 697 Bagged Sliced Apples</p>	<p>19</p> <p>369 Trix Mini French Toast OR 351 Cinnamon Toast Crunch Bar 752 Fruit Punch Juice 670 Fresh Fruit</p>	<p>20</p> <p>326 Blueberry Chex Cup OR 323 Apple Cinnamon Muffin 748 Grape Juice 670 Fresh Fruit</p> <p> Spring Equinox</p>
<p>23</p> <p>364 Mini Cinni Pull-A-Part OR 324 Cocoa Puffs Cup 752 Fruit Punch Juice 610 Papaya Mango Cup</p>	<p>24</p> <p>326 Trix Cereal Cup OR 358 Poffitz Pancake Bites 749 Apple Cherry Juice 658 Cherry Craisins</p> <p> Let's Laugh Day</p>	<p>25</p> <p>334 Cinnamon Toast Crunch Cereal Cup OR 328 Chocolate Chip Muffin 747 Orange Citrus Blend Juice 670 Fresh Fruit</p>	<p>26</p> <p>316 Maple Mini Pancakes OR 367 Cinnamon Raisin Bagel 748 Grape Juice 641 Tropical Raisels</p> <p> National Spinach Day</p>	<p>27</p> <p>306 Apple Baked Frudel OR 131 Mango Yogurt & 311 Apple Jacks Pouch 753 Orange Juice 670 Fresh Fruit Living Stations of the Cross @ 1:15 P.M. & 7:00 P.M. in Church</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.

MARCH

2026



Pot of Gold

March is chock-full of magical fun! Spring is on its way, bringing fresh starts, blooming flowers, and brighter days. March is also National Wellness Month, a great time to take care of our bodies, minds, and feelings by moving, resting, and being kind to ourselves and others. Plus, it's National School Breakfast Week—so don't forget to eat a healthy breakfast to fuel your brain and body and help you learn and play your best every day!

Spring Into Wellness

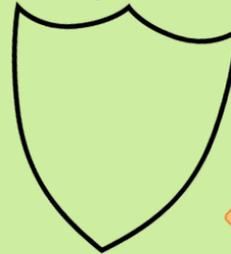
Spring is here! The first day of spring is a great time to build healthy habits like eating colorful fruits and veggies, drinking plenty of water, and staying active outdoors. As we welcome the season of growth, NDS is also looking for members to join our Wellness Committee to help promote healthy schools and strong communities. Parents, educators, and community members are encouraged to get involved and share ideas that support student wellness. All meetings are virtual; please contact NDS (jfalk@ndsarch.org) for more information.

National School Breakfast Week

Hear ye, hear ye! Get ready to conquer the school day as we go on The Quest for School Breakfast! From March 2nd to March 6th, NDS will be celebrating the importance of a healthy start to the day during National School Breakfast Week. The School Breakfast Program provides 12 million nutritious breakfasts to hungry children across the country every day. A healthy breakfast fuels the brain and body for learning and play. Join the quest by enjoying school breakfast, trying new menu items, and taking part in fun activities and challenges throughout the week. It's a royal way to start every day!



Brave Knight, decorate your shield with all the mighty and delicious breakfast foods you enjoyed during National Breakfast Week!



Leprechauns

March is the month of leprechauns! Leprechauns come from Irish folklore and have been part of Irish stories for hundreds of years! Long ago, people believed these tiny shoemakers were very clever and loved to protect their pots of gold. Today, leprechauns are known for their tricky ways and lucky magic. Can you find all 17 sneaky leprechauns hiding on this page? Look closely, they love to play tricks!

Scan the QR Code to make your own Leprechaun Hat Box to protect your pot of gold!



Recycled Flowers

Spring is here, and that means sunshine, colorful flowers, and new beginnings! To celebrate, we're getting creative with a fun craft of making flowers out of recycled materials! Just like spring gives new life to the world, we can give new life to materials by reusing them instead of throwing them away.

- Gather Materials: Collect items like cardboard tubes, newspaper, magazines, plastic bottles, or bottle caps.
- Create Petals: Cut petal shapes from your chosen material
- Form Petals: Shape them by rolling, curling, or bending
- Assemble the Flower: Glue petals around a central point from the inside out, layering them for fullness.
- Decorate: Paint, color with markers, or add glitter for extra flair

