

Elementary School Breakfast Menu

May 2025

"Step up your game with more vegetables!" - Cain L 5th Grade @ Nazareth Academy

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
5 319 Orange Cranberry Muffin OR 369 Trix Mini French Toast 748 Grape Juice 654 Raspberry Lemonade Craisins	6 324 Cocoa Puffs Cup OR 325 Cinnamon Chex Cup  750 Apple Juice 657 Strawberry Craisins	7 Breakfast Kit Variety	8 322 Blueberry Muffin OR 365 Mini Cinni Caramel Pull-A-Part  670 Fresh Fruit 748 Grape Juice Superman Day	9 366 Blueberry Bagel OR 370 Cinnamon Toast Mini French Toast 750 Apple Juice 670 Fresh Fruit
12 311 Apple Jacks Cereal Pouch OR 312 Fruit Loops Pouch 748 Grape Juice 670 Fresh Fruit 	13 328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel 749 Apple Cherry Juice 670 Fresh Fruit  International Hummus Day	14 333 Blueberry Chex Cereal OR 329 Honey Cheerios Cup 750 Apple Juice 670 Fresh Fruit	15 308 Strawberry Mini Bagels 748 Grape Juice 659 Watermelon Craisins	16 317 Confetti Mini Pancakes OR 364 Mini Cinni Pull-A-Part 752 Fruit Punch Juice 670 Fresh Fruit  International Day of Families
19 333 Blueberry Chex Cereal OR 329 Honey Cheerios Cup 750 Apple Juice 670 Fresh Fruit	20 320 Corn Muffin OR 325 Cinnamon Chex Cereal 749 Apple Cherry Juice 697 Sliced Apples World Bee Day 	21 369 Trix Mini French Toast OR 312 Fruit Loops Pouch 752 Fruit Punch Juice 670 Fresh Fruit	22 334 Cinnamon Toast Crunch Cup 670 Fresh Fruit 749 Apple Cherry Juice	23 Memorial Day Weekend NO SCHOOL  World Turtle Day
26  MEMORIAL DAY	27 Breakfast Kit Variety	28 334 Cinnamon Toast Crunch Cereal Cup 750 Apple Juice 654 Raspberry Lemonade Craisins	29 333 Blueberry Chex Cereal OR 329 Honey Cheerios Cup 752 Fruit Punch Juice 670 Fresh Fruit	30 318 Cinnamon Mini Waffles OR 328 Chocolate Chip Muffin 749 Apple Cherry Juice 657 Strawberry 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.



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Dear Parents, Caregivers, & Students,

As we embrace the season of renewal and fresh beginnings, we want to take a moment to express our heartfelt gratitude to all the families, administration, and lunch managers who help the NDS Lunch & Breakfast Programs thrive. Every meal served is crafted with care, and it's because of your continued support that we are able to nourish and bring joy to our community each day.

This spring, we're sending you a bouquet of appreciation, filled with gratitude and warmth. Your involvement is what makes the program so special, and we truly value the role you play in making it all come together. Thank you for being such a vital part of our success!

Asparagus

Asparagus is the only vegetable that knows how to spearhead a healthy meal! This month, we're focusing on the power of the mighty stalk—packed with nutrients and ready to fuel your day! Asparagus is full of vitamins and minerals like vitamin K, which helps keep your bones strong, and folate, which gives you the energy to play all day!



Free Summer Meals

This summer, NDS is teaming up with community partners across Philadelphia and the surrounding counties to provide FREE meals to children 18 and under. From June 16th to August 22nd, NDS will be offering both breakfast and lunch. Meals are delivered directly to each site and are ready to be served! If you're interested in becoming a site or would like to learn more, please contact NDS at 215-895-3470, option 1, or scan the code!



School Lunch Hero

May 2nd is National School Lunch Hero Day! This special day honors the hard-working men and women who serve our students delicious, healthy meals every day. They are the unsung heroes in our school, ensuring that each child receives the nourishment they need to succeed in the classroom. NDS wants to take a moment to express our heartfelt gratitude to the incredible staff who make our lunch program possible. Their dedication and care are truly appreciated!

Lord, we remember the women who have shown us love and care, especially our mothers and grandmothers. Please bless them and surround them with Your love and kindness.

Amen

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