

# Elementary School Breakfast Menu

## November 2025

"Sail away to a healthy lunch!" - Amadou B. 4<sup>th</sup> Grade @ Vision Academy School

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, & grains are whole grain. All Items are pork free.

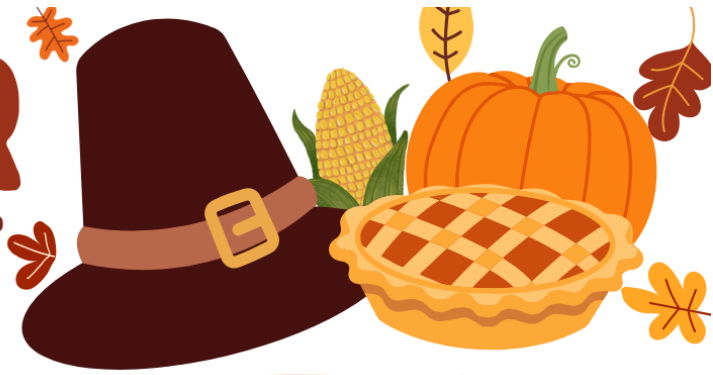
Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>370</b> Cinnamon Toast Mini French Toast OR <b>365</b> Mini Caramel Pull-Apart <b>752</b> Fruit Punch Juice <b>658</b> Cherry Craisins</p>	<p><b>4</b></p> <p><b>NO SCHOOL</b></p> <p><b>Mrs. Kirk Funeral</b></p>	<p><b>5</b></p> <p><b>368</b> Wheat Bagel OR <b>325</b> Cinnamon Chex Cup <b>748</b> Grape Juice <b>684</b> Strawberry Banana Applesauce</p>	<p><b>6</b></p> <p><b>312</b> Fruit Loops Pouch OR <b>329</b> Honey Cheerios Cup <b>670</b> Fresh Fruit <b>750</b> Apple Juice <b>NO SCHOOL – Pre-K - 2<sup>nd</sup> Grade</b></p> <p><b>Outdoor Adventure Lab Field Trip 3<sup>rd</sup>-8<sup>th</sup> Grade</b></p>	<p><b>7</b></p> <p><b>Breakfast Kits</b></p>
<p><b>10</b></p> <p><b>312</b> Fruit Loops Pouch OR <b>334</b> Cinnamon Toast Crunch Cereal Cup <b>748</b> Grape Juice <b>670</b> Fresh Fruit</p>	<p><b>11</b></p> <p><b>367</b> Cinnamon Raisin Bagel OR <b>328</b> Chocolate Chip Muffin</p> <p><b>749</b> Apple Cherry Juice <b>697</b> Sliced Apples</p> 	<p><b>12</b></p> <p><b>324</b> Cocoa Puffs Cup OR <b>329</b> Honey Cheerios Cup</p> <p><b>750</b> Apple Juice <b>688</b> Orange Mango Applesauce Pre-K: <b>327</b> Maple Mini Waffles <b>382</b> Cinnamon Toast Crunch Bar BK Kit</p>	<p><b>13</b></p> <p><b>317</b> Confetti Mini Pancakes OR <b>138</b> Blueberry Yogurt &amp; <b>922</b> Cinnamon Granola</p> <p><b>753</b> Orange Juice <b>659</b> Watermelon Craisins</p> 	<p><b>14</b></p> <p><b>320</b> Corn Muffin OR <b>364</b> Mini Cinni Pull-A-Part</p> <p><b>752</b> Fruit Punch Juice <b>670</b> Fresh Fruit</p> 
<p><b>17</b></p> <p><b>334</b> Cinnamon Toast Crunch Cup</p> <p><b>752</b> Fruit Punch Juice <b>670</b> Fresh Fruit</p> 	<p><b>18</b></p> <p><b>320</b> Corn Muffin OR <b>316</b> Maple Mini Pancakes <b>657</b> Strawberry Craisins <b>670</b> Fresh Fruit</p>	<p><b>19</b></p> <p><b>327</b> Maple Mini Waffles OR Apple Churro <b>670</b> Fresh Fruit <b>748</b> Grape Juice</p>	<p><b>20</b></p> <p><b>323</b> Apple Cinnamon Muffin OR <b>311</b> Apple Jacks Pouch <b>670</b> Fresh Fruit <b>684</b> Strawberry Banana Applesauce</p>	<p><b>21</b></p> <p><b>333</b> Blueberry Chex Cup OR <b>369</b> Trix Mini French Toast <b>750</b> Apple Juice <b>648</b> Strawberry Gel Cup</p>
<p><b>24</b></p> <p><b>359</b> Honey Scooters OR <b>133</b> Strawberry-Banana Yogurt &amp; <b>922</b> Cinnamon Granola <b>670</b> Fresh Fruit <b>659</b> Watermelon Craisins</p>	<p><b>25</b></p> <p><b>317</b> Confetti Mini Pancakes OR <b>324</b> Cocoa Puffs Cup <b>670</b> Fresh Fruit <b>750</b> Apple Juice</p>	<p><b>26</b></p> <p><b>NO SCHOOL</b></p> <p><b>Thanksgiving Break</b></p>	<p><b>27-28</b></p> <p><b>Happy Thanksgiving</b></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.



# NOVEMBER

## 2025



### DEAR PARENTS, CAREGIVERS, & STUDENTS,

This Thanksgiving, NDS is stuffed with gratitude just like your favorite pie! We're so thankful for the chance to serve up tasty meals, share smiles, and fuel your days with love, and maybe a few veggies too! You bring the joy, we bring the lunch—and together, we make school delicious. Wishing you a break full of laughter, leftovers, and lots of mashed potatoes!

### NATIONAL CHILDREN'S BOOK WEEK

Get ready to turn the page on fun! The week of Nov 3<sup>rd</sup> to the 9<sup>th</sup> we're celebrating the power of stories, imagination, and all the amazing books that help us learn and grow. Whether you love silly tales, magical adventures, or books about real-life heroes, there's something for everyone. So grab a book, share a story, and let your imagination soar! Let NDS know about all of the amazing books you have read!

### BREAD IN A BAG!

Grab your apron and get ready to bake! Celebrate National Homemade Bread Day on November 17<sup>th</sup> with a super easy 5-ingredient bread recipe you can make at home in A BAG with family and friends. Mix, bake, and enjoy warm, homemade bread together!

#### Ingredients:

- 3 cups flour
- 1/4 cup sugar
- 1 packet yeast (rapid or regular)
- 1/4 cup unsalted butter, melted
- 1 teaspoon salt (to taste)



#### Instructions:

- Combine 1 cup flour, 1/4 cup sugar, and yeast packet in a resealable bag.
- Add 1 cup of warm water. Seal the bag, pressing out air.
- Begin shaking and mixing the bag by hand.
- Set the bag to rest for 10 minutes (proofing).
- In a bowl, combine 1 cup of flour with salt. Pour into the bag along with melted butter.
- Seal the bag again, pressing out air. Shake and mix again.
- Open bag and add in last cup of flour.
- Seal bag, and mix for the final time.
- Pull out dough and place on a floured surface. With floured hands, knead the dough for 5-10 minutes
- Place the dough in a greased loaf pan.
- Lay a towel over the loaf pan and set it in a warm spot in your house. Allow the dough 30-45 minutes to rise.
- Bake at 375 for 25 minutes,



### THANKSGIVING SCRAMBLE

Unscramble the Thanksgiving words!

YRTUKE →

IPMUNPK →

GIVGINTHAKS →

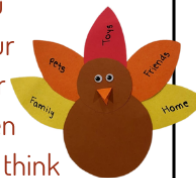
EIP →

NROC →

YFLIMA →

### GRADITUDE CORNER

Thanksgiving is all about saying THANK YOU! What are you thankful for this year? Your family? Your friends? Your favorite snack? Maybe even recess! Take a moment to think about what makes you smile, put it on your thankful turkey and share it with someone!



### RIDDLE ME THIS

I sit on the table, golden and round, Sometimes sweet, sometimes savory, I'm flavor-bound. I'm sliced and served with a dollop of cream, In autumn I reign, like a pie-lover's dream. What am I?

