




# ELEMENTARY SCHOOL BREAKFAST

## OCTOBER 2024

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> <b>311</b> Apple Jacks Cereal Pouch OR <b>312</b> Fruit Loops Pouch <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>1</b> <b>319</b> Orange Cranberry Muffin OR <b>367</b> Cinnamon Raisin Bagel <b>648</b> Strawberry Gel Cup <b>749</b> Apple Juice	<b>2</b> <b>329</b> Honey Cheerios Cereal OR <b>750</b> Apple Juice <b>688</b> Orange Mango Applesauce	<b>3</b> <b>317</b> Confetti Mini Pancakes <b>753</b> Orange Juice <b>659</b> Watermelon Craisins	<b>4</b> <b>364</b> Mini Cinni Pull-A-Part  <b>670</b> Fresh Fruit <b>752</b> Fruit Punch Juice
<b>7</b> <b>381</b> Chocolate Cherry Granola Bar Breakfast Kit	<b>8</b> <b>316</b> Eggo Maple Mini Pancakes <b>657</b> Strawberry Craisins <b>752</b> Fruit Punch Juice	<b>9</b> <b>323</b> Apple Cinnamon Muffin <b>609</b> Mixed Fruit Cup <b>753</b> Orange Juice	<b>10</b> <b>365</b> Mini Cinni Caramel Pull-A-Part <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>11</b> <b>308</b> Strawberry Mini Bagel <b>689</b> Strawberry Applesauce <b>749</b> Apple Cherry Juice
<b>14</b> <b>324</b> Cocoa Puffs Cup <b>649</b> Orange Gel Cup <b>748</b> Grape Juice 	<b>15</b> <b>316</b> Maple Mini Pancakes <b>670</b> Fresh Fruit <b>750</b> Apple Juice	<b>16</b> <b>328</b> Chocolate Chip Muffin <b>658</b> Cherry Craisins <b>752</b> Fruit Punch Juice	<b>17</b> <b>365</b> Mini Cinni Caramel Pull-A-Part <b>697</b> Sliced Apples <b>749</b> Apple Cherry Juice	<b>18</b> <b>329</b> Honey Cheerios Cup <b>670</b> Fresh Fruit <b>752</b> Orange Juice  FIND YOUR TREASURE!
<b>21</b> <b>317</b> Confetti Mini Pancakes <b>658</b> Cherry Craisins <b>752</b> Fruit Punch Juice	<b>22</b> <b>319</b> Orange Cranberry Muffin OR <b>367</b> Cinnamon Raisin Bagel <b>670</b> Fresh Fruit <b>748</b> Grape Juice	<b>23</b> <b>334</b> Cinnamon Toast Crunch Cup <b>644</b> Pear Cup <b>750</b> Apple Juice	<b>24</b> <b>308</b> Strawberry Mini Bagel <b>670</b> Fresh Fruit <b>753</b> Orange Juice	 <b>25</b> <b>332</b> Apple Cinnamon Muffin <b>670</b> Fresh Fruit <b>749</b> Apple Cherry Juice
<b>28</b> <b>324</b> Coco Puffs Cup <b>670</b> Fresh Fruit <b>750</b> Apple Juice	<b>29</b> <b>188</b> Blueberry Yogurt & <b>921</b> Granola <b>608</b> Tropical Fruit Cup <b>753</b> Orange Juice	<b>30</b> <b>320</b> Corn Muffin OR <b>321</b> Banana Muffin <b>670</b> Fresh Fruit <b>749</b> Apple Cherry Juice	<b>31</b> <b>316</b> Maple Mini Pancakes <b>657</b> Strawberry Craisins <b>748</b> Grape Juice	<b>1</b>  <b>All Saints' Day</b>  <b>NO SCHOOL</b>  <b>Please attend</b>  <b>Mass.</b>

**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.

# October 2024

## DEAR PARENTS, CAREGIVERS, & STUDENTS

October is filled with so many fun celebrations like National Smile Day or National School Lunch Week! As we celebrate these holidays remember to fuel your body with nutritious and delicious food from your school's cafeteria. Students must build their lunch tray the healthy way by taking three food components, and one must be a fruit or vegetable.

### NATIONAL SCHOOL LUNCH WEEK!

Hoist the flags because NDS is celebrating National School Lunch Week from September 14th to September 18th! The National School Lunch Program serves nearly 30 million children every school day. National School Lunch Week was created in 1962 to promote the importance of a healthy school lunch. This year every student is encouraged to find their treasure as a school lunch pirate! Keep a look out for any fun activities or announcements from NDS during the week!



### PLACEMAT & SLOGAN CONTEST

AHOY MATEY!

Keep an eye out for information about the NDS Placemat and Slogan Contest. NDS will be posting an event on Facebook and sending out flyers to schools with more information on the contest dates. Ask Carly for more information!



### PRAYER CORNER

Thank you for the food you provide for us and all those who have helped to bring it to us. May the sharing of this meal strengthen the bonds of friendship, hope and trust between us. Amen.

### FOLLOW US!



schoolmealsnds



NDS School Lunch Program