

Elementary School Breakfast Menu

October 2025

"Arrgh, Matey!" A healthy plate is a treasure." - Emily G. 2nd Grade @ St. Laurentius

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

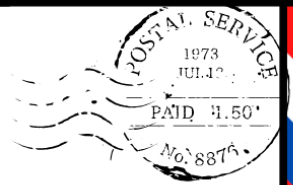
Monday	Tuesday	Wednesday	Thursday	Friday
29 312 Fruit Loops Pouch OR 324 Cocoa Puffs Cereal 748 Grape Juice 670 Fresh Fruit	30 311 Apple Jacks Pouch OR 333 Blueberry Chex Cereal 749 Apple Cherry Juice 648 Strawberry Gel Cup	1 324 Cocoa Puffs Cereal Cup OR 359 Honey Scooters 750 Apple Juice 688 Orange Mango Applesauce 	2 317 Confetti Mini Pancakes OR 138 Blueberry Yogurt & 922 Cinnamon Granola 753 Orange Juice 659 Watermelon Craisins	3 320 Corn Muffin OR 364 Mini Cinni Pull-A-Part 752 Fruit Punch Juice 670 Fresh Fruit
6 334 Cinnamon Toast Crunch Cup 752 Fruit Punch Juice 670 Fresh Fruit	7 320 Corn Muffin OR 316 Maple Mini Pancakes 657 Strawberry Craisins 670 Fresh Fruit	8 327 Maple Mini Waffles OR 325 Cinnamon Chex Cup 670 Fresh Fruit 748 Grape Juice	9 323 Apple Cinnamon Muffin OR 311 Apple Jacks Pouch 670 Fresh Fruit 684 Strawberry Banana Applesauce	10 323 Apple Cinnamon Muffin OR 369 Trix Mini French Toast 750 Apple Juice 649 Orange Gel Cup
13 359 Honey Scooters OR 133 Strawberry-Banana Yogurt & 922 Cinnamon Granola 670 Fresh Fruit 659 Watermelon Craisins	14 317 Confetti Mini Pancakes OR 319 Orange Cranberry Muffin 670 Fresh Fruit 750 Apple Juice	15 366 Blueberry Bagel OR 329 Honey Cheerios Cup 670 Fresh Fruit 684 Strawberry Banana Applesauce	16 328 Chocolate Chip Muffin OR 364 Mini Cinni Pull-A-Part 752 Fruit Punch Juice 670 Fresh Fruit	17 368 Wheat Bagel OR 370 Cinnamon Toast Mini French Toast 670 Fresh Fruit 656 Craisins
20 318 Cinnamon Mini Waffles OR 324 Cocoa Puffs Cup 670 Fresh Fruit 752 Fruit Punch Juice	21 322 Blueberry Muffin OR 307 Cherry Frudel 749 Apple Cherry Juice 654 Raspberry Lemonade Craisins	22 368 Wheat Bagel OR 370 Cinnamon Toast Mini French Toast 670 Fresh Fruit 748 Grape Juice	23 321 Banana Muffin OR 333 Blueberry Chex Cup 750 Apple Juice 608 Tropical Fruit Cup Early Dismissal @ 11:00 A.M. Parent/Teacher Conferences	24 Parent/Teacher Conferences NO SCHOOL
27 Breakfast Kits	28 316 Maple Mini Pancakes OR 366 Blueberry Bagel 670 Fresh Fruit 752 Fruit Punch Juice	29 334 Cinnamon Toast Crunch Cup 749 Apple Cherry Juice 697 Bagged Sliced Apples	30 327 Maple Mini Pancakes OR 369 Trix Mini French Toast 748 Grape Juice 657 Strawberry Craisins	31 320 Corn Muffin 323 Apple Cinnamon Muffin 670 Fresh Fruit 750 Apple Juice 

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 2025



Dear Parents, Caregivers, & Students

As the leaves turn, NDS is serving up warm, nutritious meals to keep students energized all month long. Thank you for your continued support in making healthy choices a part of every school day. NDS is excited to celebrate the season with comforting favorites and a few festive surprises!



Healthy Swaps

Hey explorers! Ready to fuel up for your next big adventure? Swap out sugary snacks for tasty treats from around the globe—like crunchy carrots from the USA, juicy mangoes from India, or sweet potato fries inspired by African cuisine. Sip on sparkling water with fruit like they do in Italy, and try banana “nice cream” for a tropical twist from the islands. Healthy swaps help you stay energized for every journey—whether you’re climbing mountains or just conquering the playground!



Fun Facts

Apples are 25% air and 75% water, which allows them to float above the water. This makes them perfect for bobbing for apples!



Pass the Plate!

Apples are a great source of fiber and vitamin C—perfect for a healthy snack! Take a look at how students around the world eat their apples!



Vietnamese Apple Rose Tart



Celebrating Rosh Hashanah



Greek Milopita Pie



Gratitude Corner

As part of our celebration of healthy meals and community spirit, students are invited to share what they’re thankful for! From your favorite foods to the friendly faces who serve lunch each day, this space is all about recognizing the people and moments that make lunchtime special.

