

Elementary School Breakfast Menu

September 2025

"Eating good food helps you think and do your best."- Emma C. 1st Grade @ Roxborough Christian School

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
1  HAPPY LABOR DAY	2 Faculty Professional Development Day NO SCHOOL	3 Welcome Back 1st – 8th Grade SFA Wolverines! 317 Confetti Mini Pancakes OR 319 Orange Cranberry Muffin 670 Fresh Fruit 750 Apple Juice Early Dismissal @ 11:00 A.M.	4 367 Cinnamon Raisin Bagel OR 329 Honey Cheerios Cup 670 Fresh Fruit 684 Strawberry Banana Applesauce	5 328 Chocolate Chip Muffin OR 364 Mini Cinni Pull-A-Part  670 Fresh Fruit 752 Fruit Punch Juice
8 318 Cinnamon Mini Waffles OR 324 Cocoa Puffs Cup 670 Fresh Fruit 752 Fruit Punch Juice	9 322 Blueberry Muffin OR 329 Honey Cheerios Cup 749 Apple Cherry Juice 654 Raspberry Lemonade Craisins	10 368 Wheat Bagel OR 370 Cinnamon Toast Mini French Toast 670 Fresh Fruit 748 Grape Juice	11 321 Banana Muffin OR 333 Blueberry Chex Cup 750 Apple Juice 657 Strawberry Craisins 	12 351 Cinnamon Toast Crunch Bar OR 365 Mini Cinni Caramel Pull-a-part 670 Fresh Fruit 748 Grape Juice
15 311 Apple Jacks Pouch OR 336 Apple Churro  750 Apple Juice 654 Raspberry Lemonade Craisins	16 316 Maple Mini Pancakes OR 366 Blueberry Bagel 670 Fresh Fruit 752 Fruit Punch Juice	17 320 Corn Muffin OR 334 Cinnamon Toast Crunch Cup 749 Apple Cherry Juice 697 Bagged Sliced Apples	18 327 Maple Mini Pancakes OR 369 Trix Mini French Toast 748 Grape Juice 657 Strawberry Craisins	19 320 Corn Muffin OR 323 Apple Cinnamon Muffin 670 Fresh Fruit 750 Apple Juice
22 370 Cinnamon Toast Mini French Toast OR 364 Mini Cinni Pull-A-Part  752 Fruit Punch Juice 658 Cherry Craisins	23 328 Chocolate Chip Muffin OR 336 Apple Churro 749 Apple Cherry Juice 670 Fresh Fruit	24 311 Apple Jacks Pouch OR 368 Wheat Bagel 748 Grape Juice 684 Strawberry Banana Applesauce	25 312 Fruit Loops Pouch OR 329 Honey Cheerios Cup 670 Fresh Fruit 750 Apple Juice 	26 367 Cinnamon Raisin Bagel OR 321 Banana Muffin 752 Fruit Punch Juice 659 Watermelon Craisins

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.



$$y = \frac{1}{2+x^2}$$



September



2025



$$y = (x-3)^2$$

Dear Parents, Caregivers, & Students,

We hope your summer was filled with fun, rest, and unforgettable memories. As we kick off a brand-new school year, NDS is thrilled to welcome back all staff, students, and families!

A healthy mind starts with a healthy meal, so be sure to fuel your success with a nutritious start! Be sure to visit your lunchroom each morning for a nutritious and delicious breakfast that helps boost focus, energy, and learning. And don't forget to return at lunchtime for a well-balanced meal to keep you going strong throughout the day.

Whether it's whole grains, fresh fruits, or protein-packed options, NDS school meals are designed to support students' academic success and overall well-being!

Let's make this school year one to remember—full of learning, growth, and great memories. Here's to a strong and healthy start!

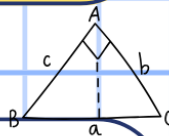
Try It Tuesday Challenge!

Are you ready to be a food explorer? Every Tuesday, NDS encourages students to try something new on the menu. It could be something colorful, crunchy, or even a little surprising! So keep an open mind, be bold, be brave, and try something new on Tuesdays! If you tried something new let the lunch manager know because your feedback helps NDS plan fun and healthy meals.



Peppers!

Peppers come in all sorts of colors—red, green, yellow, and even purple! They're crunchy, sweet or sometimes a little spicy, and packed with vitamin C to help keep you healthy. You can eat them raw, dip them in hummus, or add them to your favorite meals. Try a new color next time and see which one you like best!



Gratitude Corner

Thank you for this moment, this breath, this life. May we see the good, hold it close, and share it freely. Let gratitude light our way.

Healthy Habits Tip

Did you know your body is made up of mostly water? That's why staying hydrated is super important, especially when you're running, playing, or learning hard at school!

Water helps you:

- Stay focused in class
- Keep your body cool on hot days
- Boost your energy and mood
- Keep your skin and muscles healthy

How to make it a habit:

- Bring a reusable water bottle to school
- Take sips during the day, especially after recess or PE
- Choose water instead of sugary drinks

$$x^2 + \frac{bx}{a}$$

Follow Us!



$$y = ax^2 + bx^2$$

