









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

Monday	Tuesday	Wednesday	Thursday	Friday
5 321 Banana Muffin OR 369 Trix Mini French Toast 748 Grape Juice 654 Raspberry Lemonade Craisins Pre-K: 344 Blueberry Chex 385 Trix BK Kit	6 327 Maple Mini Waffles OR 325 Cinnamon Chex Cup  750 Apple Juice 657 Strawberry Craisins Pre-K: 329 Honey Cheerios Cup 385 Trix BK Kit	7 316 Maple Mini Pancakes OR 311 Apple Jacks Pouch 749 Apple Cherry Juice 670 Fresh Fruit Pre-K: 367 Cinnamon Raisin Bagel 385 Trix BK Kit	8 322 Blueberry Muffin OR 365 Mini Cinni Caramel Pull-A-Part  682 Banana OR 670 Fresh Fruit 748 Grape Juice Pre-K: 345 Honey Scooters 385 Trix BK Kit	9 366 Blueberry Bagel OR 370 Cinnamon Toast Mini French Toast 750 Apple Juice 670 Fresh Fruit Pre-K: 332 Apple Cinnamon Muffin 385 Trix BK Kit
12 312 Fruit Loops Pouch OR 306 Apple Baked Frudel 748 Grape Juice 670 Fresh Fruit Pre-K: 368 Wheat Bagel 382 Cinnamon Toast Crunch Bar BK Kit 	13 328 Chocolate Chip Muffin OR 367 Cinnamon Raisin Bagel 749 Apple Cherry Juice 670 Fresh Fruit Pre-K: 331 Corn Muffin 382 Cinnamon Toast Crunch Bar BK Kit 	14 307 Cherry Frudel OR 329 Honey Cheerios Cup 750 Apple Juice 670 Fresh Fruit Pre-K: 330 Blueberry Muffin 382 Cinnamon Toast Crunch Bar BK Kit	15 317 Confetti Mini Pancakes OR 308 Strawberry Mini Bagels 748 Grape Juice 659 Watermelon Craisins Pre-K: 346 Cinnamon Toast Crunch 382 Cinnamon Toast Crunch Bar BK Kit	16 320 Corn Muffin OR 364 Mini Cinni Pull-A-Part 752 Fruit Punch Juice 670 Fresh Fruit Pre-K: 335 Banana Muffin 382 Cinnamon Toast Crunch Bar BK Kit 
19 365 Mini Cinni Caramel Pull-A-Part OR 324 Cocoa Puffs Cup 750 Apple Juice 670 Fresh Fruit Pre-K: 327 Maple Mini Waffles 387 Froot Loops BK Kit	20 320 Corn Muffin OR 307 Cherry Frudel 749 Apple Cherry Juice 697 Sliced Apples Pre-K: 345 Honey Scooters 387 Froot Loops BK Kit 	21 369 Trix Mini French Toast OR 315 Apple Cinnamon Texas Toast (Heat) 752 Fruit Punch Juice 670 Fresh Fruit Pre-K: 331 Corn Muffin 387 Froot Loops BK Kit	22 334 Cinnamon Toast Crunch Cup OR 336 Apple Churro 682 Banana OR 670 Fresh Fruit 749 Apple Cherry Juice Pre-K: 347 Cinnamon Chex 387 Froot Loops BK Kit	23 367 Cinnamon Raisin Bagel OR 321 Banana Muffin 748 Grape Juice 659 Watermelon Craisins Pre-K: 339 Orange Cranberry Muffin 387 Froot Loops BK Kit 
26 	27 316 Maple Mini Pancakes OR 320 Corn Muffins 749 Apple Cherry Juice 670 Fresh Fruit Pre-K: 331 Corn Muffin 384 Cinnamon Toast Crunch BK Kit	28 319 Orange Cranberry Muffin OR 309 Apple Baked Frudel 750 Apple Juice 654 Raspberry Lemonade Craisins Pre-K: 343 Rice Chex 384 Cinnamon Toast Crunch BK Kit	29 368 Wheat Bagel OR 325 Cinnamon Chex Cup 752 Fruit Punch Juice 670 Fresh Fruit Pre-K: 330 Blueberry Muffin 384 Cinnamon Toast Crunch BK Kit	30 318 Cinnamon Mini Waffles OR 328 Chocolate Chip Muffin 749 Apple Cherry Juice 657 Strawberry Craisins Pre-K: 369 Trix Mini French Toast 384 Cinnamon Toast Crunch BK Kit

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.



May

2025

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

Follow Us @

