

September 2017

BREAKFAST High School

Nutritional Development Services

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 rich.

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, Diocese of Camden, 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.

Monday



Tuesday



Wednesday

Each week, there will be a different breakfast entrée offered as an **alternate**. You will see this on the menu each Monday, but it is available every day of that week!

Thursday



Friday

Labor Day

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359 Honey Scooters Cereal OR 5
362 Raisin Bran
688 Applesauce
445 Mott's Fruit Punch Juice

Alternate: 369 Pillsbury French Toast

309 Apple Jammer Sticks OR 6
323 Apple Cinnamon Muffin
670 Fresh Fruit
658 Dried Fruit Blend

304 Cinnamon Bagel-fuls OR 7
367 Cinnamon Raisin Bagel
670 Fresh Fruit
446 Mott's Apple Juice

303 Egg, Cheese & Turkey 8
Bacon Toast OR
329 Trix Cereal Bar
670 Fresh Fruit
680 Dole Tropical Fruit Cup

307 Cherry Baked Frudel OR 11
368 Plain Bagel
670 Fresh Fruit
691 Orange Amazin' Raisins

Alternate: 304 Cinnamon Bagel-fuls

351 Cinnamon Toast Crunch 12
Cereal Bar OR
325 Krave S'mores Cereal Pouch
647 Dole Mandarin Oranges
447 Mott's Apple White Grape Juice

369 Pillsbury Berry Blast 13
French Toast OR
321 Banana Muffin
670 Fresh Fruit
688 Applesauce

308 Strawberry Filled Bagel OR 14
367 Cinnamon Raisin Bagel
697 Bagged Apple Slices
445 Mott's Fruit Punch Juice

337 Eggo Blueberry Pancakes 15
OR
322 Blueberry Muffin
670 Fresh Fruit
446 Mott's Apple Juice

370 Apple Fruit Pocket OR 18
365 Cinnamon Frosted
Flakes Pouch
670 Fresh Fruit
445 Mott's Fruit Punch Juice

Alternate: 367 Cinnamon Raisin Bagel

315 Apple Cinnamon Toast OR 19
319 Orange Cranberry Muffin
688 Applesauce
670 Fresh Fruit

338 French Toast Sticks OR 20
366 Blueberry Bagel
690 Strawberry Amazin' Raisins
447 Mott's Apple White Grape Juice

350 Apple Cinnamon Cheerios 21
Bar OR
311 Cheese Omelet in Pita
670 Fresh Fruit
446 Mott's Apple Juice

304 Cinnamon Bagel-fuls OR 22
328 Chocolate Chip Muffin
696 Raisins
670 Fresh Fruit

403 Egg & Cheese Bagel OR 25
368 Plain Bagel
670 Fresh Fruit
447 Mott's Apple White Grape Juice

Alternate: 370 Apple Fruit Pocket

358 Kellogg's Frosted Flakes 26
Cereal Pouch OR
329 Trix Cereal Bar
670 Fresh Fruit
446 Mott's Apple Juice

306 Apple Baked Frudel OR 27
323 Apple Cinnamon Muffin
688 Applesauce
445 Mott's Fruit Punch Juice

328 Chocolate Chip Muffin OR 28
366 Blueberry Bagel
696 Raisins
647 Dole Mandarin Oranges

327 Pillsbury Maple Mini 29
Waffles OR
313 Cranberry Apple Rebel Crumble
670 Fresh Fruit
659 Dried Fruit Blend