

# December 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



- 306 Apple Baked Frudel **4**
- OR
- 328 Chocolate Chip Muffin
- 445 Mott's Fruit Punch Juice
- 670 Fresh Fruit
- Alternate: 367 Cinnamon Raisin Bagel**

### Tuesday

- 304 Cinnamon Bagel-fuls **5**
- OR
- 366 Blueberry Bagel
- 446 Mott's Apple Juice
- 658 Dried Fruit Blend

### Wednesday



- 334 Cinnamon Toast Crunch Cereal OR **6**
- 359 Honey Scooters Cereal
- 670 Fresh Fruit
- 447 Mott's Apple White Grape Juice

### Thursday

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!

- 319 Orange Cranberry Muffin **7**
- OR
- 316 Chicken Biscuit
- 689 Birthday Cake Applesauce
- 647 Dole Mandarin Oranges

### Friday

- 336 Pillsbury Strawberry Pancake OR **8**
- 368 Plain Bagel
- 670 Fresh Fruit
- 696 Raisins

- 327 Pillsbury Mini Maple Waffles **11**
- OR
- 366 Blueberry Bagel
- 670 Fresh Fruit
- 447 Mott's Apple White Grape Juice
- Alternate: 328 Chocolate Chip Muffin**

- 359 Honey Scooters Cereal **12**
- OR
- 362 Raisin Bran Cereal
- 689 Birthday Cake Applesauce
- 445 Mott's Fruit Punch Juice

- 309 Apple Jammer Stick **13**
- OR
- 323 Apple Cinnamon Muffin
- 670 Fresh Fruit
- 658 Dried Fruit Blend

- 304 Cinnamon Bagel-fuls **14**
- OR
- 367 Cinnamon Raisin Bagel
- 670 Fresh Fruit
- 446 Mott's Apple Juice

- 303 Egg, Cheese & Turkey Bacon Toast OR **15**
- 329 Trix Cereal Bar
- 670 Fresh Fruit
- 609 Dole Mixed Fruit Cup

- 307 Cherry Baked Frudel OR **18**
- 368 Plain Bagel
- 670 Fresh Fruit
- 691 Orange Amazin' Raisins
- Alternate: 304 Cinnamon Bagel-ful**

- 369 Pillsbury Berry Blast French Toast OR **19**
- 321 Banana Muffin
- 670 Fresh Fruit
- 689 Birthday Cake Applesauce

- 334 Cinnamon Toast Crunch Cereal OR **20**
- 313 Cranberry Apple Rebel Crumble
- 647 Dole Mandarin Oranges
- 447 Mott's Apple White Grape Juice

- 308 Strawberry Filled Bagel **21**
- OR
- 367 Cinnamon Raisin Bagel
- 697 Bagged Apple Slices
- 445 Mott's Fruit Punch Juice

- 337 Eggo Blueberry Pancakes OR **22**
- 322 Blueberry Muffin
- 670 Fresh Fruit
- 446 Mott's Apple Juice

### Merry Christmas! Enjoy your break!

- Happy New Year!** **1**
- January 2018
- Alternate: 367 Cinnamon Raisin Bagel**

- 338 French Toast Sticks **2**
- OR
- 366 Blueberry Bagel
- 690 Strawberry Amazin' Raisins
- 447 Mott's Apple White Grape Juice

- 350 Apple Cinnamon Cheerios Bar OR **3**
- 311 Cheese Omelet in Pita
- 608 Dole Tropical Fruit Cup
- 446 Mott's Apple Juice

- 315 Apple Cinnamon Toast OR **4**
- 319 Orange Cranberry Muffin
- 688 Applesauce
- 670 Fresh Fruit

- 304 Cinnamon Bagel-fuls OR **5**
- 328 Chocolate Chip Muffin
- 696 Raisins
- 670 Fresh Fruit