

# January 2018

## 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

### Thursday

### Friday

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!

370 Apple Fruit Pocket OR **8**  
365 Cinnamon Frosted Flakes Pouch  
670 Fresh Fruit  
445 Mott's Fruit Punch Juice  
**Alternate: 369 Pillsbury French Toast**

338 French Toast Sticks OR **9**  
366 Blueberry Bagel  
690 Strawberry Amazin' Raisins  
446 Mott's Apple Juice

350 Apple Cinnamon Cheerios Bar OR **10**  
311 Cheese Omelet in Pita  
447 Mott's Apple White Grape Juice  
658 Dried Fruit Blend

307 Cherry Baked Frudel OR **11**  
334 Cinnamon Toast Crunch Cereal  
670 Fresh Fruit  
647 Dole Mandarin Oranges

323 Apple Cinnamon Muffin OR **12**  
367 Cinnamon Raisin Bagel  
670 Fresh Fruit  
684 Wild Watermelon Applesauce

**15**  
**Martin Luther King Jr. Day**

329 Trix Cereal Bar OR **16**  
303 Turkey Bacon, Egg & Cheese Toast  
684 Wild Watermelon Applesauce  
445 Mott's Fruit Punch Juice  
**Alternate: 370 Apple Fruit Pocket**

336 Pillsbury Strawberry Pancake OR **17**  
368 Plain Bagel  
670 Fresh Fruit  
696 Raisins

315 Apple Cinnamon Toast OR **18**  
328 Chocolate Chip Muffin  
691 Orange Amazin' Raisins  
670 Fresh Fruit

305 Pancakes OR **19**  
313 Cranberry Apple Rebel Crumble  
670 Fresh Fruit  
447 Mott's Apple White Grape Juice

306 Apple Baked Frudel OR **22**  
328 Chocolate Chip Muffin  
445 Mott's Fruit Punch Juice  
670 Fresh Fruit  
**Alternate: 367 Cinnamon Raisin Bagel**

304 Cinnamon Bagel-fuls OR **23**  
366 Blueberry Bagel  
445 Mott's Apple Juice  
658 Dried Fruit Blend

334 Cinnamon Toast Crunch Cereal OR **24**  
359 Honey Scooters Cereal  
670 Fresh Fruit  
689 Birthday Cake Applesauce

319 Orange Cranberry Muffin OR **25**  
316 Chicken Biscuit  
697 Sliced Apples  
647 Dole Mandarin Oranges

337 Eggo Blueberry Pancakes OR **26**  
368 Plain Bagel  
670 Fresh Fruit  
696 Raisins

327 Pillsbury Mini Maple Waffles OR **29**  
366 Blueberry Bagel  
670 Fresh Fruit  
447 Mott's Apple White Grape Juice  
**Alternate: 328 Chocolate Chip Muffin**

359 Honey Scooters Cereal OR **30**  
362 Raisin Bran  
684 Wild Watermelon Applesauce  
445 Mott's Fruit Punch Juice

309 Apple Jammer Sticks OR **31**  
323 Apple Cinnamon Muffin  
670 Fresh Fruit  
658 Dried Fruit Blend

304 Cinnamon Bagel-fuls OR **1**  
367 Cinnamon Raisin Bagel  
670 Fresh Fruit  
446 Mott's Apple Juice

303 Turkey Bacon, Egg & Cheese Toast OR **2**  
329 Trix Cereal Bar  
670 Fresh Fruit  
609 Dole Mixed Fruit Cup