

September 2019

Middle & High School

BREAKFAST

Nutritional Development Services
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and 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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.



Monday

Labor Day

2

Tuesday

305 Pancakes **OR**
 309 Apple Jammer Stick
 670 Fresh Fruit
 659 Watermelon Craisins

3

Wednesday

319 Orange Cranberry Muffin **OR**
 334 Cinnamon Toast Crunch Cereal
 670 Fresh Fruit
 446 Mott's Apple Juice

4

Thursday

140 Turkey Ham & Cheese Crossaint **OR**
 329 Trix Cereal Bar
 670 Fresh Fruit
 447 Mott's Apple White Grape Juice

5

Friday

368 Plain Bagel **OR**
 328 Chocolate Chip Muffin
 670 Fresh Fruit
 684 Mixed Berry Applesauce

6

325 Cinnamon Chex Cereal **OR**
 327 Pillsbury Maple Mini Waffles
 670 Fresh Fruit
 446 Mott's Apple Juice
 Alternate: 328 Chocolate Chip Muffin

9

323 Apple Cinnamon Muffin **OR**
 307 Cherry Baked Frudel
 670 Fresh Fruit
 608 Dole Tropical Fruit Cup

10

366 Blueberry Bagel **OR**
 308 Strawberry Mini Bagel
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice

11

313 Rebel Apple Delight Crumble **OR**
 321 Banana Muffin
 670 Fresh Fruit
 658 Cherry Craisins

12

303 Egg, Cheese & Turkey Bacon on Toast **OR**
 350 Apple Cinnamon Cheerios Cereal Bar
 670 Fresh Fruit
 447 Mott's Apple White Grape Juice

13

315 Apple Cinnamon Toast **OR**
 359 Honey Scooters Cereal
 670 Fresh Fruit
 684 Mixed Berry Applesauce
 Alternate: 323 Apple Cinnamon Muffin

16

334 Cinnamon Toast Crunch Cereal **OR**
 328 Chocolate Chip Muffin
 445 Mott's Fruit Punch Juice
 699 Strawberry Cup

17

369 Pillsbury Berry Blast Mini French Toast **OR**
 306 Apple Baked Frudel
 670 Fresh Fruit
 659 Watermelon Craisins

18

337 Eggo Blueberry Mini Pancakes **OR**
 304 Cinnamon Bagel-ful
 670 Fresh fruit
 446 Mott's Apple Juice

19

322 Blueberry Muffin **OR**
 367 Cinnamon Raisins Bagel
 670 Fresh Fruit
 447 Mott's Apple White Grape Juice

20

303 Egg, Cheese & Turkey Bacon On Toast **OR**
 319 Orange Cranberry Muffin
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice
 Alternate: 304 Cinnamon Bagel-ful

23

366 Blueberry Bagel **OR**
 323 Apple Cinnamon Muffin
 670 Fresh Fruit
 609 Dole Mixed Fruit Cup

24

334 Cinnamon Toast Crunch Cereal **OR**
 325 Cinnamon Chex Cereal
 697 Bagged Sliced Apples
 447 Mott's Apple White Grape Juice

25

338 French Toast Sticks **OR**
 327 Pillsbury Maple Mini Waffles
 670 Fresh Fruit
 658 Cherry Craisins

26

321 Banana Muffin **OR**
 368 Plain Bagel
 670 Fresh Fruit
 446 Mott's Apple Juice

27



30

