



OCTOBER 2019

Elementary

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.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>305 Pancakes OR 30 367 Cinnamon Raisin Bagel 670 Fresh Fruit 750 Apple Juice</p> <p>Pre-K: 346 Cinnamon Toast Crunch</p>	<p>328 Chocolate Chip Muffin OR 1 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 752 Fruit Punch Juice</p> <p>Pre-K: 339 Orange Cranberry Muffin</p>	<p>307 Cherry Baked Frudel OR 2 306 Apple Baked Frudel 670 Fresh Fruit 647 Dole Mandarin Orange Cup</p> <p>Pre-K: 366 Blueberry Bagel</p>	<p>308 Strawberry Mini Bagel OR 3 329 Trix Cereal Bar 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p>Pre-K: 349 Corn Chex</p>	<p>369 Pillsbury Berry Blast Mini French Toast OR 4 313 Rebel Apple Delight Crumble 670 Fresh Fruit 684 Mixed Berry Applesauce</p> <p>Pre-K: 332 Apple Cinnamon Muffin</p>
<p>315 Apple Cinnamon Toast OR 7 329 Trix Cereal Bar 697 Bagged Sliced Apples 670 Fresh Fruit</p> <p>Pre-K: 342 Cheerios</p>	<p>316 Chicken Biscuit OR 8 322 Blueberry Muffin 670 Fresh Fruit 753 Orange Juice</p> <p>Pre-K: 330 Blueberry Muffin</p>	<p>321 Banana Muffin OR 9 327 Pillsbury Maple Mini Waffles 670 Fresh Fruit 748 Grape Juice</p> <p>Pre-K: 343 Rice Chex</p>	<p>325 Cinnamon Chex Cereal OR 10 362 Raisin Bran Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce</p> <p>Pre-K: 368 Plain Bagel</p>	<p>337 Eggo Blueberry Mini Pancakes OR 11 366 Blueberry Bagel 670 Fresh Fruit 753 Orange Juice</p> <p>Pre-K: 331 Corn Muffin</p>
<p>304 Cinnamon Bagelful OR 14 306 Apple Baked Frudel 670 Fresh Fruit 748 Grape Juice</p> <p>Pre-K: 345 Honey Scooters Cereal</p>	<p>305 Pancakes OR 15 309 Apple Jammer 670 Fresh Fruit 659 Watermelon Craisins</p> <p>Pre-K: 335 Banana Muffin</p>	<p>319 Cranberry Orange Muffin OR 16 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 752 Fruit Punch Juice</p> <p>Pre-K: 368 Plain Bagel</p>	<p>140 Turkey Ham & Cheese Croissant OR 17 329 Trix Cereal Bar 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p>Pre-K: 339 Orange Cranberry Muffin</p>	<p>368 Plain Bagel OR 18 328 Chocolate Chip Muffin 670 Fresh Fruit 684 Mixed Berry Applesauce</p> <p>Pre-K: 347 Cinnamon Chex Cereal</p>
<p>325 Cinnamon Chex Cereal OR 21 327 Pillsbury Maple Mini Waffles 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p>Pre-K: 367 Cinnamon Raisin Bagel</p>	<p>323 Apple Cinnamon Muffin OR 22 307 Cherry Baked Frudel 670 Fresh Fruit 608 Dole Tropical fruit Cup</p> <p>Pre-K: 346 Cinnamon Toast Crunch Cereal</p>	<p>366 Blueberry Bagel OR 23 308 Strawberry Mini Bagel 670 Fresh Fruit 753 Orange Juice</p> <p>Pre-K: 332 Apple Cinnamon Muffin</p>	<p>313 Rebel Apple Delight Crumble OR 24 321 Banana Muffin 670 Fresh Fruit 658 Cherry Craisins</p> <p>Pre-K: 342 Cheerios</p>	<p>303 Egg & Cheese with Turkey Bacon on Toast OR 25 350 Apple Cinnamon Cheerios Cereal Bar 670 Fresh Fruit 752 Fruit Punch Juice</p> <p>Pre-K: 330 Blueberry Muffin</p>
<p>315 Apple Cinnamon Toast OR 28 359 Honey Scooters Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce</p> <p>Pre-K: 349 Corn Chex Cereal</p>	<p>334 Cinnamon Toast Crunch Cereal OR 29 328 Chocolate Chip Muffin 699 Strawberry Cup 750 Apple Juice</p> <p>Pre-K: 330 Blueberry Muffin</p>	<p>369 Pillsbury Berry Blast Mini French Toast OR 30 306 Apple Baked Frudel 670 Fresh Fruit 659 Watermelon Craisins</p> <p>Pre-K: 366 Blueberry Bagel</p>	<p>337 Eggo Blueberry Mini Pancakes OR 31 304 Cinnamon Bagelfuls 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p>Pre-K: 345 Honey Scooters Cereal</p>	<p>322 Blueberry Muffin OR 1 367 Cinnamon Raisin Bagel 670 Fresh Fruit 752 Fruit Punch Juice</p> <p>Pre-K: 331 Corn Chex Cereal</p>

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 change, 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.