### Breakfast Menu for Middle & High School

#### Monday
- 305 Pancakes **OR**
  - 367 Cinnamon Raisin Bagel
  - 670 Fresh Fruit
  - 445 Mott’s Fruit Punch Juice

  **Alternate:** 323 Apple Cinnamon Muffin

#### Tuesday
- 316 Chicken Biscuit **OR**
  - 322 Blueberry Muffin
  - 670 Fresh Fruit
  - 445 Mott’s Fruit Punch Juice

#### Wednesday
- 305 Pancakes **OR**
  - 309 Apple Jammer
  - 670 Fresh Fruit
  - 659 Watermelon Craisins

#### Thursday
- 307 Cherry Baked Frudel **OR**
  - 306 Apple Baked Frudel
  - 670 Fresh Fruit
  - 447 Mott’s Apple White Grape Juice

#### Friday
- 313 Rebel Apple Delight Crumble **OR**
  - 308 Strawberry Mini Bagel
  - 670 Fresh Fruit
  - 446 Mott’s Apple Juice

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**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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.

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**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.**