

**BREAKFAST**



# OCTOBER 2019

## Middle & 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 and vegetable juices are 100% juice, grains are whole grain rich.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>305 Pancakes <b>OR</b> <b>30</b> 367 Cinnamon Raisin Bagel 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p> <p>Alternate: 323 Apple Cinnamon Muffin</p>	<p>328 Chocolate Chip Muffin <b>OR</b> <b>1</b> 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 447 Mott's Apple White Grape Juice</p>	<p>307 Cherry Baked Frudel <b>OR</b> <b>2</b> 306 Apple Baked Frudel 670 Fresh Fruit 647 Dole Mandarin Orange Cup</p>	<p>308 Strawberry Mini Bagel <b>OR</b> <b>3</b> 329 Trix Cereal Bar 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>369 Pillsbury Berry Blast Mini French Toast <b>OR</b> <b>4</b> 313 Rebel Apple Delight Crumble 670 Fresh Fruit 684 Mixed Berry Applesauce</p>
<p>315 Apple Cinnamon Toast <b>OR</b> <b>7</b> 329 Trix Cereal Bar 697 Bagged Sliced Apples 670 Fresh Fruit</p> <p>Alternate: 328 Chocolate Chip Muffin</p>	<p>316 Chicken Biscuit <b>OR</b> <b>8</b> 322 Blueberry Muffin 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>321 Banana Muffin <b>OR</b> <b>9</b> 327 Pillsbury Maple Mini Waffles 670 Fresh Fruit 447 Mott's Apple White Grape Juice</p>	<p>325 Cinnamon Chex Cereal <b>OR</b> <b>10</b> 362 Raisin Bran Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce</p>	<p>337 Eggo Blueberry Mini Pancakes <b>OR</b> <b>11</b> 366 Blueberry Bagel 670 Fresh Fruit 446 Mott's Apple Juice</p>
<p>304 Cinnamon Bagelful <b>OR</b> <b>14</b> 306 Apple Baked Frudel 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p> <p>Alternate: 325 Cinnamon Chex Cereal</p>	<p>305 Pancakes <b>OR</b> <b>15</b> 309 Apple Jammer 670 Fresh Fruit 659 Watermelon Craisins</p>	<p>319 Cranberry Orange Muffin <b>OR</b> <b>16</b> 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>140 Turkey Ham &amp; Cheese Croissant <b>OR</b> <b>17</b> 329 Trix Cereal Bar 670 Fresh Fruit 447 Mott's Apple White Grape Juice</p>	<p>368 Plain Bagel <b>OR</b> <b>18</b> 328 Chocolate Chip Muffin 670 Fresh Fruit 684 Mixed Berry Applesauce</p>
<p>325 Cinnamon Chex Cereal <b>OR</b> <b>21</b> 327 Pillsbury Maple Mini Waffles 670 Fresh Fruit 466 Mott's Apple Juice</p> <p>Alternate: 328 Chocolate Chip Muffin</p>	<p>323 Apple Cinnamon Muffin <b>OR</b> <b>22</b> 307 Cherry Baked Frudel 670 Fresh Fruit 608 Dole Tropical Fruit Cup</p>	<p>366 Blueberry Bagel <b>OR</b> <b>23</b> 308 Strawberry Mini Bagel 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>313 Rebel Apple Delight Crumble <b>OR</b> <b>24</b> 321 Banana Muffin 670 Fresh Fruit 658 Cherry Craisins</p>	<p>303 Egg &amp; Cheese with Turkey Bacon on Toast <b>OR</b> <b>25</b> 350 Apple Cinnamon Cheerios Cereal Bar 670 Fresh Fruit 447 Mott's Apple White Grape Juice</p>
<p>315 Apple Cinnamon Toast <b>OR</b> <b>28</b> 359 Honey Scooters Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce</p> <p>Alternate: 323 Apple Cinnamon Muffin</p>	<p>334 Cinnamon Toast Crunch Cereal <b>OR</b> <b>29</b> 328 Chocolate Chip Muffin 699 Strawberry Cup 445 Mott's Fruit Punch Juice</p>	<p>369 Pillsbury Berry Blast Mini French Toast <b>OR</b> <b>30</b> 306 Apple Baked Frudel 670 Fresh Fruit 659 Watermelon Craisins</p>	<p>337 Eggo Blueberry Mini Pancakes <b>OR</b> <b>31</b> 304 Cinnamon Bagelful 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>322 Blueberry Muffin <b>OR</b> <b>1</b> 367 Cinnamon Raisin Bagel 670 Fresh Fruit 447 Mott's Apple White Grape Juice</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.