



BREAKFAST

SEPTEMBER 2020

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

367 Cinnamon Raisin Bagel **31**
OR
306 Apple Baked Frudel
609 Dole Mixed Fruit Cup
445 Mott's Fruit Punch Juice

Tuesday

305 Pancakes **1**
OR
309 Apple Jammer
659 Watermelon Craisins
684 Mixed Berry Applesauce

Wednesday

319 Orange Cranberry Muffin **2**
OR
334 Cinnamon Toast Crunch Cereal
670 Fresh Fruit
446 Mott's Apple Juice

Thursday

140 Turkey Ham & Cheese Croissant **3**
OR
329 Trix Cereal Bar
690 Apple Crisps
447 Mott's Apple White Grape Juice

Friday

368 Plain Bagel **4**
OR
328 Chocolate Chip Muffin
684 Mixed Berry Applesauce
658 Cherry Craisins

Labor Day

323 Apple Cinnamon Muffin **8**
OR
307 Cherry Baked Frudel
608 Dole Tropical Fruit Cup
691 Strawberry Apple Crisps

366 Blueberry Bagel **9**
OR
308 Strawberry Mini Bagel
699 Strawberry Cup
445 Mott's Fruit Punch Juice

313 Rebel Apple Delight Crumble **10**
OR
321 Banana Muffin
658 Cherry Craisins
684 Mixed Berry Applesauce

303 Egg, Cheese & Turkey Bacon on Toast **11**
OR
350 Apple Cinnamon Cheerios Bar
608 Dole Tropical Fruit Cup
447 Mott's Apple White Grape Juice

315 Apple Cinnamon Toast **14**
OR
359 Honey Scooters
691 Strawberry Apple Crisps
684 Mixed Berry Applesauce

334 Cinnamon Toast Crunch Cereal **15**
OR
328 Chocolate Chip Muffin
699 Strawberry Cup
445 Mott's Fruit Punch Juice

369 Pillsbury Berry Blast Mini French Toast **16**
OR
306 Apple Baked Frudel
670 Fresh Fruit
659 Watermelon Craisins

337 Eggo Blueberry Mini Pancakes **17**
OR
323 Apple Cinnamon Muffin
690 Apple Crisps
446 Mott's Apple Juice

322 Blueberry Muffin **18**
OR
367 Cinnamon Raisin Bagel
658 Cherry Craisins
447 Mott's Apple White Grape Juice

311 Cheese Omelet on Pita **21**
OR
319 Orange Cranberry Muffin
659 Watermelon Craisins
445 Mott's Fruit Punch Juice

366 Blueberry Bagel **22**
OR
323 Apple Cinnamon Muffin
609 Dole Mixed Fruit Cup
690 Apple Crisps

334 Cinnamon Toast Crunch Cereal **23**
OR
325 Cinnamon Chex Cereal
697 Bagged Sliced Apples
447 Mott's Apple White Grape Juice

338 French Toast Sticks **24**
OR
327 Pillsbury Maple Mini Waffles
684 Mixed Berry Applesauce
658 Cherry Craisins

321 Banana Muffin **25**
OR
368 Plain Bagel
446 Mott's Apple Juice
647 Dole Mandarin Orange Cup



28



29

30



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.