



# OCTOBER 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	Tuesday	Wednesday	Thursday	Friday
367 Cinnamon Raisin Bagel OR 306 Apple Baked Frudel 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice	305 Pancakes OR 309 Apple Jammer 684 Mixed Berry Applesauce 659 Watermelon Craisins	319 Orange Cranberry Muffin OR 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 446 Mott's Apple Juice	140 Turkey Ham & Cheese Croissant <b>1</b> OR 329 Trix Cereal Bar 690 Apple Crisps 447 Mott's Apple White Grape Juice	368 Plain Bagel <b>2</b> OR 328 Chocolate Chip Muffin 684 Mixed Berry Applesauce 658 Cherry Craisins
325 Cinnamon Chex Cup <b>5</b> OR 327 Pillsbury Maple Mini Waffles 659 Watermelon Craisins 446 Mott's Apple Juice	323 Apple Cinnamon Muffin <b>6</b> OR 307 Cherry Baked Frudel 691 Strawberry Apple Crisps 608 Dole Tropical Fruit Cup	366 Blueberry Bagel <b>7</b> OR 308 Strawberry Mini Bagel 699 Strawberry Cup 445 Mott's Fruit Punch Juice	313 Rebel Apple Delight Crumble <b>8</b> OR 321 Banana Muffin 684 Mixed Berry Applesauce 658 Cherry Craisins	303 Egg, Cheese & Turkey Bacon on Toast <b>9</b> OR 350 Apple Cinnamon Cheerios Cereal Bar 608 Dole Tropical Fruit Cup 447 Mott's Apple White Grape Juice
315 Apple Cinnamon Toast <b>12</b> OR 359 Honey Scooters Cereal 684 Mixed Berry Applesauce 691 Strawberry Apple Crisps	334 Cinnamon Toast Crunch Cereal <b>13</b> OR 328 Chocolate Chip Muffin 699 Strawberry Cup 445 Mott's Fruit Punch Juice	369 Pillsbury Berry Blast Mini French Toast <b>14</b> OR 306 Apple Baked Frudel 670 Fresh Fruit 659 Watermelon Craisins	337 Eggo Blueberry Mini Pancake Bites <b>15</b> OR 323 Apple Cinnamon Muffin 690 Apple Crisps 446 Mott's Apple Juice	322 Blueberry Muffin <b>16</b> OR 367 Cinnamon Raisins Bagel 658 Cherry Craisins 447 Mott's Apple White Grape Juice
311 Cheese Omelet on Pita <b>19</b> OR 319 Orange Cranberry Muffin 659 Watermelon Craisins 445 Mott's Fruit Punch Juice	366 Blueberry Bagel <b>20</b> OR 323 Apple Cinnamon Muffin 690 Apple Crisps 609 Dole Mixed Fruit Cup	334 Cinnamon Toast Crunch Cereal <b>21</b> OR 325 Cinnamon Chex Cup 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	338 French Toast Sticks <b>22</b> OR 327 Pillsbury Maple Mini Waffles 684 Mixed Berry Applesauce 658 Cherry Craisins	321 Banana Muffin <b>23</b> OR 368 Plain Bagel 446 Mott's Apple Juice 647 Dole Mandarin Orange Cup
367 Cinnamon Raisin Bagel <b>26</b> OR 306 Apple Baked Frudel 609 Dole Mixed Fruit Cup 445 Mott's Fruit Punch Juice	305 Pancakes <b>27</b> OR 309 Apple Jammer 684 Mixed Berry Applesauce 659 Watermelon Craisins	319 Orange Cranberry Muffin <b>28</b> OR 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 446 Mott's Apple Juice	140 Turkey Ham & Cheese Croissant <b>29</b> OR 329 Trix Cereal Bar 690 Apple Crisps 447 Mott's Apple White Grape Juice	368 Plain Bagel <b>30</b> OR 328 Chocolate Chip Muffin 684 Mixed Berry Applesauce 658 Cherry Craisins

**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.