

BREAKFAST



DECEMBER 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, all items are pork-free.

Monday

329 Trix Cereal Bar **30**
OR
313 Rebel Apple Delight Crumble
658 Cherry Craisins
445 Mott's Fruit Punch Juice

338 French Toast Sticks **7**
OR
367 Cinnamon Raisin Bagel
659 Watermelon Craisins
446 Mott's Apple Juice

327 Pillsbury Maple Mini Waffles **14**
OR
323 Apple Cinnamon Muffin
691 Strawberry Apple Crisps
447 Mott's Apple White Grape Juice

302 Egg, Cheese & Turkey Sausage Breakfast Wrap **21**
OR
334 Cinnamon Toast Crunch Cereal
608 Dole Tropical Fruit Cup
658 Cherry Craisins

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Tuesday

319 Orange Cranberry Muffin **1**
OR
366 Blueberry Bagel
647 Dole Mandarin Orange Cup
446 Mott's Apple Juice

328 Chocolate Chip Muffin **8**
OR
315 Apple Cinnamon Toast
690 Apple Crisps
447 Mott's Apple White Grape Juice

369 Pillsbury Berry Blast Mini French Toast **15**
OR
338 French Toast Sticks
684 Mixed Berry Applesauce
445 Mott's Fruit Punch Juice

337 Eggo Blueberry Mini Pancakes Bites **22**
OR
350 Apple Cinnamon Cheerios Bar
684 Mixed Berry Applesauce
699 Strawberry Cup

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Wednesday

306 Apple Baked Frudel **2**
OR
309 Apple Jammer
691 Strawberry Apple Crisps
697 Bagged Sliced Apples

337 Eggo Blueberry Mini Pancakes **9**
OR
322 Blueberry Muffin
647 Dole Mandarin Orange Cup
659 Watermelon Craisins

329 Trix Cereal Bar **16**
OR
307 Cherry Baked Frudel
658 Cherry Craisins
608 Dole Tropical Fruit Cup



30

Thursday

323 Apple Cinnamon Muffin **3**
OR
308 Strawberry Mini Bagel
684 Mixed Berry Applesauce
659 Watermelon Craisins

334 Cinnamon Toast Crunch Cereal **10**
OR
325 Cinnamon Chex Cup
608 Dole Tropical Fruit Cup
445 Mott's Fruit Punch Juice

329 Trix Cereal Bar **17**
OR
334 Cinnamon Toast Crunch Cereal
446 Mott's Apple Juice
699 Strawberry Cup

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Happy New Years Eve!

Friday

334 Cinnamon Toast Crunch Cereal **4**
OR
359 Honey Scooters
447 Mott's Apple White Grape Juice
609 Dole Mixed Fruit Cup

321 Banana Muffin **11**
OR
302 Egg, Cheese & Turkey Sausage Breakfast Wrap
684 Mixed Berry Applesauce
658 Cherry Craisins

322 Blueberry Muffin **18**
OR
309 Apple Jammer
659 Watermelon Craisins
609 Dole Mixed Fruit Cup

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Happy Holidays!



Enjoy your Break!

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