



FEBRUARY 2021

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	Tuesday	Wednesday	Thursday	Friday
323 Apple Cinnamon Muffin 1 446 Mott's Apple Juice 658 Cherry Craisins	334 Cinnamon Toast Crunch Cereal 2 690 Apple Crisps 447 Mott's Apple White Grape Juice	327 Pillsbury Maple Mini Waffles 3 OR 315 Apple Cinnamon Toast 647 Dole Mandarin Orange Cup 445 Mott's Fruit Punch Juice	367 Cinnamon Raisin Bagel 4 684 Mixed Berry Applesauce 691 Strawberry Apple Crisps	321 Banana Muffin 5 689 Orange Mango Applesauce 659 Watermelon Craisins
313 Rebel Apple Delight Crumble 8 691 Strawberry Apple Crisps 447 Mott's Apple White Grape Juice	328 Chocolate Chip Muffin 9 658 Cherry Craisins 644 Dole Pear Fruit Cup	325 Cinnamon Chex Cup 10 684 Mixed Berry Applesauce 656 Craisins	369 Pillsbury Berry Blast Mini French Toast 11 OR 303 Egg & Cheese with Turkey Bacon on Toast 690 Apple Crisps 445 Mott's Fruit Punch Juice	322 Blueberry Muffin 12 446 Mott's Apple Juice 608 Dole Tropical Fruit Cup
333 Blueberry Chex Cereal 15 658 Cherry Craisins 644 Dole Pear Fruit Cup	329 Trix Cereal Bar 16 691 Strawberry Apple Crisps 445 Mott's Fruit Punch Juice	323 Apple Cinnamon Muffin 17 697 Bagged Sliced Apples 447 Mott's Apple White Grape Juice	367 Cinnamon Raisin Bagel 18 684 Mixed Berry Applesauce 657 Strawberry Craisins	307 Cherry Baked Frudel 19 OR 319 Orange Cranberry Muffin 647 Dole Mandarin Orange Cup 446 Mott's Apple Juice
328 Chocolate Chip Muffin 22 659 Watermelon Craisins 447 Mott's Apple White Grape Juice	334 Cinnamon Toast Crunch Cereal 23 684 Mixed Berry Applesauce 446 Mott's Apple Juice	369 Pillsbury Berry Blast Mini French Toast 24 690 Apple Crisps 445 Mott's Fruit Punch Juice	321 Banana Muffin 25 608 Dole Tropical Fruit Cup 691 Strawberry Apple Crisps	366 Blueberry Bagel 26 OR 302 Egg, Cheese & Turkey Bacon Breakfast Wrap 658 Cherry Craisins 689 Orange Mango Applesauce



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.