



# JANUARY 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**

2021

**1**  
**Happy New Year's Day!**

334 Cinnamon Toast Crunch Cereal **4**  
**OR**  
 313 Rebel Apple Delight Crumble  
 658 Cherry Craisins  
 445 Mott's Fruit Punch Juice

329 Trix Cereal Bar **5**  
**OR**  
 308 Strawberry Mini Bagel  
 691 Strawberry Apple Crisp  
 446 Mott's Apple Juice

323 Apple Cinnamon Muffin **6**  
**OR**  
 327 Pillsbury Maple Mini Waffles  
 697 Bagged Sliced Apples  
 659 Watermelon Craisins

367 Cinnamon Raisin Bagel **7**  
**OR**  
 328 Chocolate Chip Muffin  
 684 Mixed Berry Applesauce  
 690 Apple Crisps

307 Cherry Baked Frudel **8**  
**OR**  
 319 Orange Cranberry Muffin  
 647 Dole Mandarin Orange Cup  
 447 Mott's Apple White Grape Juice

328 Chocolate Chip Muffin **11**  
**OR**  
 337 Eggo Blueberry Mini Pancakes  
 647 Dole Mandarin Orange Cup  
 659 Watermelon Craisins

325 Cinnamon Chex Cup **12**  
**OR**  
 334 Cinnamon Toast Crunch Cereal  
 684 Mixed Berry Applesauce  
 609 Dole Mixed Fruit Cup

369 Pillsbury Berry Blast Mini French Toast **13**  
**OR**  
 315 Apple Cinnamon Toast  
 690 Apple Crisps  
 445 Mott's Fruit Punch Juice

321 Banana Muffin **14**  
**OR**  
 359 Honey Scooters  
 608 Dole Tropical Fruit Cup  
 446 Mott's Apple Juice

366 Blueberry Bagel **15**  
**OR**  
 302 Egg & Cheese Turkey Sausage Breakfast Wrap  
 658 Cherry Craisins  
 447 Mott's Apple White Grape Juice

**18**  
**Martin Luther King Jr. Day**

309 Apple Jammer **19**  
**OR**  
 337 Eggo Blueberry Mini Pancakes  
 658 Cherry Craisins  
 446 Mott's Apple Juice

334 Cinnamon Toast Crunch Cereal **20**  
**OR**  
 325 Cinnamon Chex Cup  
 691 Strawberry Apple Crisps  
 447 Mott's Apple White Grape Juice

323 Apple Cinnamon Muffin **21**  
**OR**  
 313 Rebel Apple Delight Crumble  
 609 Dole Mixed Fruit Cup  
 447 Mott's Apple White Grape Juice

327 Pillsbury Maple Mini Waffles **22**  
**OR**  
 309 Apple Jammer  
 690 Apple Crisps  
 659 Watermelon Craisins

325 Cinnamon Chex Cup **25**  
**OR**  
 334 Cinnamon Toast Crunch Cereal  
 690 Apple Crisps  
 446 Mott's Apple Juice

328 Chocolate Chip Muffin **26**  
**OR**  
 338 French Toast Sticks  
 659 Watermelon Craisins  
 647 Dole Mandarin Orange Cup

368 Plain Bagel **27**  
**OR**  
 323 Apple Cinnamon Muffin  
 445 Mott's Fruit Punch Juice  
 658 Cherry Craisins

369 Pillsbury Berry Blast Mini French Toast **28**  
**OR**  
 306 Apple Baked Frudel  
 697 Bagged Sliced Apples  
 684 Mixed Berry Applesauce

319 Orange Cranberry Muffin **29**  
**OR**  
 337 Eggo Blueberry Mini Pancakes  
 691 Strawberry Apple Crisps  
 447 Mott's Apple White Grape Juice

**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.