



NOVEMBER 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 OR 1 367 Cinnamon Raisin Bagel 445 Mott's Fruit Punch Juice 608 Dole Tropical Fruit Cup Alternative: 328 Chocolate Chip Muffin OR 384 Cinnamon Toast Crunch Kit	369 Pillsbury Berry Blast 2 Mini French Toast OR 306 Apple Baked Frudel 684 Mixed Berry Applesauce 658 Cherry Craisins	334 Cinnamon Toast 3 Crunch Cup OR 309 Apple Jammer 447 Mott's Apple White Grape Juice 690 Apple Crisps	321 Banana Muffin 4 OR 313 Rebel Apple Delight Crumble 645 Dole Pineapple Cup 691 Strawberry Apple Crisps	329 Trix Cereal Bar 5 OR 308 Strawberry Mini Bagel 446 Mott's Apple Juice 659 Watermelon Craisins
325 Cinnamon Chex Cup 8 OR 327 Pillsbury Maple Mini Waffles 445 Mott's Fruit Punch Juice 658 Cherry Craisins Alternative: 323 Apple Cinnamon Muffin	328 Chocolate Chip Muffin 9 OR 338 French Toast Sticks 697 Bagged Sliced Apples 684 Mixed Berry Applesauce	366 Blueberry Bagel 10 OR 302 Egg, Cheese, & Turkey Sausage Wrap 447 Mott's Apple White Grape Juice 659 Watermelon Craisins	333 Blueberry Chex Cup 11 OR 319 Orange Cranberry Muffin 446 Mott's Apple Juice 645 Dole Pineapple Cup	307 Cherry Baked Frudel 12 OR 328 Chocolate Chip Muffin 684 Mixed Berry Applesauce 690 Apple Crisps
322 Blueberry Muffin OR 15 368 Plain Bagel 445 Mott's Fruit Punch Juice 608 Dole Tropical Fruit Cup Alternative: 325 Cinnamon Chex Cup OR 385 Trix Cereal Kit	369 Pillsbury Berry Blast 16 Mini French Toast OR 323 Apple Cinnamon Muffin 684 Mixed Berry Applesauce 658 Cherry Craisins	305 Pancakes 17 OR 329 Trix Cereal Bar 446 Mott's Apple Juice 645 Dole Pineapple Cup	315 Apple Cinnamon Toast 18 OR 367 Cinnamon Raisin Bagel 659 Watermelon Craisins 691 Strawberry Apple Crisps	334 Cinnamon Toast 19 Crunch Cup OR 321 Banana Muffin 447 Mott's Apple White Grape Juice 684 Mixed Berry Applesauce
325 Cinnamon Chex Cup OR 22 336 Pillsbury Strawberry Splash Pancakes 446 Mott's Apple Juice 608 Dole Tropical Fruit Cup Alternative: 334 Cinnamon Toast Crunch Cereal	328 Chocolate Chip Muffin 23 OR 327 Pillsbury Maple Mini Waffles 691 Strawberry Apple Crisps 684 Mixed Berry Applesauce	366 Blueberry Bagel 24 OR 306 Apple Baked Frudel 445 Mott's Fruit Punch Juice 659 Watermelon Craisins	25 Happy Thanksgiving!	26 Happy Thanksgiving!
359 Honey Scooters OR 29 313 Rebel Apple Delight Crumble 445 Mott's Fruit Punch Juice 609 Dole Mixed Fruit Cup Alternative: 327 Pillsbury Maple Mini Waffles	322 Blueberry Muffin 30 OR 366 Blueberry Bagel 446 Mott's Apple Juice 690 Apple Crisps	369 Pillsbury Berry Blast 1 Mini French Toast OR 306 Apple Baked Frudel 684 Mixed Berry Applesauce 659 Watermelon Craisins	323 Apple Cinnamon Muffin 2 OR 367 Cinnamon Raisin Bagel 447 Mott's Apple White Grape Juice 645 Dole Pineapple Cup	334 Cinnamon Toast 3 Crunch Cup OR 309 Apple Jammer 658 Cherry Craisins 684 Mixed Berry 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.