



# OCTOBER 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**



**4**  
 323 Apple Cinnamon Muffin  
 445 Mott's Fruit Punch Juice  
 608 Dole Tropical Fruit Cup

**5**  
 369 Pillsbury Berry Blast Mini French Toast  
 684 Mixed Berry Applesauce  
 658 Cherry Craisins

**6**  
 334 Cinnamon Toast Crunch Cereal  
 446 Mott's Apple Juice  
 645 Dole Pineapple Cup

**7**  
 313 Rebel Apple Delight Crumble  
 659 Watermelon Craisins  
 691 Strawberry Apple Crisps

**8**  
 329 Trix Cereal Bar  
 447 Mott's Apple White Grape Juice  
 684 Mixed Berry Applesauce

**11**  
 325 Cinnamon Chex Cup  
 446 Mott's Apple Juice  
 608 Dole Tropical Fruit Cup

**12**  
 328 Chocolate Chip Muffin  
 691 Strawberry Apple Crisps  
 684 Mixed Berry Applesauce

**13**  
 366 Blueberry Bagel  
 445 Mott's Fruit Punch Juice  
 659 Watermelon Craisins

**14**  
 333 Blueberry Chex  
 447 Mott's Apple White Grape Juice  
 684 Mixed Berry Applesauce

**15**  
 319 Orange Cranberry Muffin  
 645 Dole Pineapple Cup  
 690 Apple Crisps

**18**  
 359 Honey Scooters Cereal  
 445 Mott's Fruit Punch Juice  
 609 Dole Mixed Fruit Cup

**19**  
 322 Blueberry Muffin  
 446 Mott's Apple Juice  
 690 Apple Crisps

**20**  
 369 Pillsbury Berry Blast Mini French Toast  
 684 Mixed Berry Applesauce  
 659 Watermelon Craisins

**21**  
 323 Apple Cinnamon Muffin  
 447 Mott's Apple White Grape Juice  
 645 Dole Pineapple Cup

**22**  
 334 Cinnamon Toast Crunch Cereal  
 658 Cherry Craisins  
 684 Mixed Berry Applesauce

**25**  
 328 Chocolate Chip Muffin  
 446 Mott's Apple Juice  
 647 Dole Mandarin Orange Cup

**26**  
 327 Pillsbury Maple Mini Waffles  
 447 Mott's Apple White Grape Juice  
 645 Dole Pineapple Cup

**27**  
 319 Orange Cranberry Muffin  
 697 Bagged Sliced Apples  
 659 Watermelon Craisins

**28**  
 325 Cinnamon Chex Cup  
 445 Mott's Fruit Punch Juice  
 684 Mixed Berry Applesauce

**29**  
 329 Trix Cereal Bar  
 658 Cherry Craisins  
 691 Strawberry Apple Crisps

**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.