



DECEMBER 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

323 Apple Cinnamon Muffin **6**
445 Mott's Fruit Punch Juice
608 Dole Tropical Fruit Cup

Alternative: 328 Chocolate Chip Muffin **OR** 384 Cinnamon Toast Crunch Kit

325 Cinnamon Chex Cup **13**
446 Mott's Apple Juice
608 Dole Tropical Fruit Cup

Alternative: 369 Pillsbury Berry Blast Mini French Toast **OR** 385 Trix Cereal Kit

359 Honey Scooters **20**
445 Mott's Fruit Punch Juice
609 Dole Mixed Fruit Cup

Alternative: 325 Cinnamon Chex Cup **OR** 385 Cinnamon Toast Crunch Kit

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Tuesday

369 Pillsbury Berry Blast **7**
Mini French Toast
684 Mixed Berry Applesauce
658 Cherry Craisins

328 Chocolate Chip Muffin **14**
691 Strawberry Apple Crisps
684 Mixed Berry Applesauce

322 Blueberry Muffin **21**
446 Mott's Apple Juice
690 Apple Crisps

28

Wednesday

334 Cinnamon Toast **8**
Crunch Cereal
446 Mott's Apple Juice
645 Dole Pineapple Cup

366 Blueberry Bagel **15**
445 Mott's Fruit Punch Juice
659 Watermelon Craisins

369 Pillsbury Berry Blast **22**
Mini French Toast
684 Mixed Berry Applesauce
659 Watermelon Craisins

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Thursday

313 Rebel Ventures Apple **9**
Delight Crumble
659 Watermelon Craisins
691 Strawberry Apple Crisps

333 Blueberry Chex **16**
Cereal
447 Mott's Apple White Grape Juice
684 Mixed Berry Applesauce

323 Apple Cinnamon **23**
Muffin
447 Mott's Apple White Grape Juice
645 Dole Pineapple Cup

30

Friday

329 Trix Cereal Bar **10**
447 Mott's Apple White Grape Juice
684 Mixed Berry Applesauce

319 Orange Cranberry **17**
Muffin
645 Dole Pineapple Cup
690 Apple Crisps



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HAVE A WONDERFUL HOLIDAY AND A HAPPY NEW YEAR!

334 Cinnamon Toast Crunch **3**
Cereal
658 Cherry Craisins
691 Strawberry Apple Crisps

Alternative: 369 Pillsbury Berry Blast Mini French Toast **OR** 385 Trix Cereal Kit

325 Cinnamon Chex Cup **4**
445 Mott's Fruit Punch Juice
684 Mixed Berry Applesauce

327 Pillsbury Maple Mini **5**
Waffles
447 Mott's Apple White Grape Juice
645 Dole Pineapple Cup

319 Orange Cranberry **6**
Muffin
697 Bagged Sliced Apples
659 Watermelon Craisins

328 Chocolate Chip Muffin **7**
446 Mott's Apple Juice
647 Dole Mandarin Orange Cup

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.