



# JANUARY 2022

## 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**



**HAPPY NEW YEAR!**



325 Cinnamon Chex Cup **10**  
 446 Mott's Apple Juice  
 608 Dole Tropical Fruit Cup  
 Alternative: 359 Honey Scooters Cereal **OR** 384 Cinnamon Toast Crunch Kit

328 Chocolate Chip Muffin **11**  
 691 Strawberry Apple Crisps  
 684 Mixed Berry Applesauce

366 Blueberry Bagel **12**  
 445 Mott's Fruit Punch Juice  
 659 Watermelon Craisins

334 Cinnamon Toast Crunch Cereal **13**  
 447 Mott's Apple White Grape Juice  
 697 Bagged Apple Slices

319 Orange Cranberry Muffin **14**  
 645 Dole Pineapple Cup  
 690 Apple Crisps

359 Honey Scooters **17**  
 445 Mott's Fruit Punch Juice  
 609 Dole Mixed Fruit Cup  
 Alternative: 325 Cinnamon Chex Cup **OR** 385 Trix Cereal Kit

322 Blueberry Muffin **18**  
 446 Mott's Apple Juice  
 690 Apple Crisps

369 Pillsbury Berry Blast Mini French Toast **19**  
 684 Mixed Berry Applesauce  
 658 Cherry Craisins

323 Apple Cinnamon Muffin **20**  
 447 Mott's Apple White Grape Juice  
 645 Dole Pineapple Cup

334 Cinnamon Toast Crunch Cereal **21**  
 659 Watermelon Craisins  
 684 Mixed Berry Applesauce

328 Chocolate Chip Muffin **24**  
 446 Mott's Apple Juice  
 647 Dole Mandarin Orange Cup  
 Alternative: 323 Apple Cinnamon Muffin **OR** 384 Cinnamon Toast Crunch Kit

327 Pillsbury Maple Mini Waffles **25**  
 447 Mott's Apple White Grape Juice  
 697 Bagged Apple Slices

319 Orange Cranberry Muffin **26**  
 645 Dole Pineapple Cup  
 659 Watermelon Craisins

359 Honey Scooters **27**  
 445 Mott's Fruit Punch Juice  
 684 Mixed Berry Applesauce

329 Trix Cereal Bar **28**  
 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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.