

BREAKFAST



SEPTEMBER 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
<p>334 Cinnamon Toast Crunch Cereal 29</p> <p>445 Mott's Fruit Punch Juice</p> <p>608 Dole Tropical Fruit Cup</p> <p>Weekly Alternates:</p> <p>338 Honey Bunches of Oats Breakfast Kit</p> <p>327 Pillsbury Maple Mini Waffles</p>	<p>328 Chocolate Chip Muffin OR 30</p> <p>302 Egg & Cheese Turkey Sausage Breakfast Wrap (Hot)</p> <p>446 Mott's Apple Juice</p> <p>670 Fresh Fruit</p>	<p>366 Blueberry Bagel 31</p> <p>688 Mixed Berry Applesauce</p> <p>659 Watermelon Craisins</p>	<p>334 Cinnamon Toast Crunch Cereal OR 1</p> <p>922 Granola with Cinnamon & 134 Cherry Vanilla Yogurt (NEW)</p> <p>OR</p> <p>306 Apple Frudel (Hot)</p> <p>658 Cherry Craisins</p> <p>697 Bagged Sliced Apples</p>	<p>319 Orange Cranberry Muffin 2</p> <p>447 Mott's Apple White Grape Juice</p> <p>690 Apple Crisps</p>
<p>Labor Day 5</p> <p>Weekly Alternates:</p> <p>382 Cinnamon Toast Crunch Breakfast Kit</p> <p>328 Chocolate Chip Muffin</p>	<p>322 Blueberry Muffin OR 6</p> <p>922 Granola with Cinnamon & 137 Peach Yogurt (NEW)</p> <p>446 Mott's Apple Juice</p> <p>657 Strawberry Craisins</p>	<p>369 Pillsbury Berry Blast Mini French Toast 7</p> <p>OR</p> <p>336 Pillsbury Strawberry Pancakes (Hot)</p> <p>659 Watermelon Craisins</p> <p>670 Fresh Fruit</p>	<p>323 Apple Cinnamon Muffin 8</p> <p>447 Mott's Apple White Grape Juice</p> <p>645 Dole Pineapple Cup</p>	<p>324 Cocoa Puffs Cereal (NEW) OR 9</p> <p>338 French Toast Sticks (Hot)</p> <p>684 Mixed Berry Applesauce</p> <p>670 Fresh Fruit</p>
<p>328 Chocolate Chip Muffin OR 12</p> <p>337 Eggo Blueberry Pancakes (Hot)</p> <p>446 Mott's Apple Juice</p> <p>647 Dole Mandarin Oranges</p> <p>Weekly Alternates:</p> <p>387 Fruit Loops Breakfast Kit (NEW)</p> <p>323 Apple Cinnamon Muffin</p>	<p>327 Pillsbury Maple Mini Waffles 13</p> <p>447 Mott's Apple White Grape Juice</p> <p>697 Bagged Apple Slices</p>	<p>319 Orange Cranberry Muffin 14</p> <p>670 Fresh Fruit</p> <p>659 Watermelon Craisins</p>	<p>359 Honey Scooters OR 15</p> <p>307 Cherry Frudel (Hot)</p> <p>445 Mott's Fruit Punch</p> <p>670 Fresh Fruit</p>	<p>329 Trix Cereal Bar OR 16</p> <p>922 Granola with Cinnamon & 136 Vanilla Yogurt (NEW)</p> <p>670 Fresh Fruit</p> <p>691 Strawberry Apple Crisps</p>
<p>325 Cinnamon Chex Cup 19</p> <p>446 Mott's Apple Juice</p> <p>647 Dole Mandarin Oranges</p> <p>Weekly Alternates:</p> <p>385 Trix Cereal Breakfast Kit</p> <p>359 Honey Scooters Cereal</p>	<p>328 Chocolate Chip Muffin 20</p> <p>691 Strawberry Apple Crisps</p> <p>670 Fresh Fruit</p>	<p>366 Blueberry Bagel OR 21</p> <p>302 Egg & Cheese Turkey Sausage Breakfast Wrap (Hot)</p> <p>445 Mott's Fruit Punch Juice</p> <p>659 Watermelon Craisins</p>	<p>324 Cocoa Puffs Cereal (NEW) OR 22</p> <p>922 Granola with Cinnamon & 137 Peach Yogurt (NEW)</p> <p>447 Mott's Apple White Grape Juice</p> <p>670 Fresh Fruit</p>	<p>319 Orange Cranberry Muffin OR 23</p> <p>306 Apple Frudel (Hot)</p> <p>670 Fresh Fruit</p> <p>690 Apple Crisps</p>
<p>368 Plain Bagel 26</p> <p>445 Mott's Fruit Punch Juice</p> <p>609 Dole Mixed Fruit Cup</p> <p>Weekly Alternates:</p> <p>384 Cinnamon Toast Crunch Breakfast Kit</p> <p>325 Cinnamon Chex Cup</p>	<p>322 Blueberry Muffin OR 27</p> <p>337 Eggo Blueberry Pancakes (Hot)</p> <p>446 Mott's Apple Juice</p> <p>690 Apple Crisps</p>	<p>369 Pillsbury Berry Blast Mini French Toast 28</p> <p>OR</p> <p>922 Granola with Cinnamon & 138 Blueberry Yogurt (NEW)</p> <p>659 Watermelon Craisins</p> <p>670 Fresh Fruit</p>	<p>323 Apple Cinnamon Muffin OR 29</p> <p>338 French Toast Sticks (Hot)</p> <p>447 Mott's Apple White Grape Juice</p> <p>670 Fresh Fruit</p>	<p>334 Cinnamon Toast Crunch Cereal 30</p> <p>670 Fresh Fruit</p> <p>658 Cherry Craisins</p>

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, 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.