

NOVEMBER 2022 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/31/2022	11/1/2022	11/2/2022	11/3/2022	11/4/2022
349 CORN CHEX CEREAL 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK	305 APPLE CINNAMON OATMEAL 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	341 WG VANILLA HONEY BUNCHES OF OATS CEREAL 670 FRESH FRUIT 100 WHITE MILK	366 WG BLUEBERRY SLICED BAGEL <i>or</i> 339 WG CRANBERRY ORANGE MUFFIN 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK
Halloween	All Saints Day			
11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
342 CHEERIOS CEREAL 670 FRESH FRUIT 100 WHITE MILK	335 WG BANANA MUFFIN 644 DOLE DICED PEARS CUP 100 WHITE MILK	306 PILLSBURY WG APPLE BAKED FRUDEL 670 FRESH FRUIT 100 WHITE MILK	331 WG CORN MUFFIN 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	347 CINNAMON CHEX CEREAL 607 DOLE DICED MANGO CUP 100 WHITE MILK
	Election Day			Veterans Day
11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
369 PILLSBURY TRIPLE BERRY BLAST WG MINI FRENCH TOAST 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	346 CINNAMON TOAST CRUNCH CEREAL 670 FRESH FRUIT 100 WHITE MILK	367 WG CINNAMON RAISIN SLICED BAGEL <i>or</i> 332 WG APPLE CINNAMON MUFFIN 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK	343 RICE CHEX CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK	330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT 100 WHITE MILK
11/21/2022	11/22/2022	11/23/2022	11/24/2022	11/25/2022
341 WG VANILLA HONEY BUNCHES OF OATS CEREAL 670 FRESH FRUIT 100 WHITE MILK	331 WG CORN MUFFIN 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	345 HONEY SCOOTERS CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK		339 WG CRANBERRY ORANGE MUFFIN 609 DOLE MIXED FRUIT CUP 100 WHITE MILK
11/28/2022	11/29/2022	11/30/2022	Thanksgiving Day 12/1/2022	12/2/2022
346 CINNAMON TOAST CRUNCH CEREAL 646 DOLE DICED PEACHES CUP 100 WHITE MILK	305 APPLE CINNAMON OATMEAL 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	366 WG BLUEBERRY SLICED BAGEL <i>or</i> 335 WG BANANA MUFFIN 683 UNSWEETENED APPLESauce CUP 100 WHITE MILK	342 CHEERIOS CEREAL 644 DOLE DICED PEARS CUP 100 WHITE MILK	332 WG APPLE CINNAMON MUFFIN 684 MIXED BERRY APPLESauce CUP 100 WHITE MILK

MENU SUBJECT TO CHANGE

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER: Water must be OFFERED every day!

WG = WHOLE GRAIN-RICH

Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470