



DECEMBER 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



334 Cinnamon Toast Crunch Cereal **5**
OR
308 Strawberry Mini Bagel (HOT)
647 Dole Mandarin Orange Cup
657 Strawberry Craisins
Weekly Alternates:
327 Pillsbury Maple Mini Waffles
388 Honey Bunches of Oats Breakfast Kit

321 Banana Muffin **12**
OR
922 Granola with Cinnamon & 134 Cherry Vanilla Yogurt
445 Mott's Fruit Punch Juice
670 Fresh Fruit
Weekly Alternates:
323 Apple Cinnamon Muffin
384 Cinnamon Toast Crunch Breakfast Kit

334 Cinnamon Toast Crunch Cereal **19**
OR
368 Plain Bagel
445 Mott's Fruit Punch Juice
670 Fresh Fruit
Weekly Alternates:
325 Cinnamon Chex Cup
385 Trix Cereal Breakfast Kit

January
324 Cocoa Puffs **2**
OR
367 Cinnamon Raisin Bagel
691 Strawberry Apple Crisps
684 Mixed Berry Applesauce
Weekly Alternates:
334 Cinnamon Toast Crunch Cereal
387 Fruit Loops Breakfast Kit

Tuesday

323 Apple Cinnamon Muffin **6**
OR
922 Granola with Cinnamon & 133 Strawberry Banana Yogurt
445 Mott's Fruit Punch Juice
670 Fresh Fruit

325 Cinnamon Chex Cereal **13**
OR
302 Egg, Cheese & Turkey Sausage Breakfast Wrap (HOT)
446 Mott's Apple Juice
659 Watermelon Craisins

322 Blueberry Muffin **20**
OR
922 Granola with Cinnamon & 138 Blueberry Yogurt
690 Apple Crisps
645 Dole Pineapple Cup

327 Pillsbury Maple Mini Waffles **3**
OR
308 Strawberry Mini Bagel (HOT)
446 Mott's Apple Juice
658 Cherry Craisins

Wednesday

369 Pillsbury Berry Blast Mini French Toast **7**
OR
306 Apple Frudel (HOT)
446 Mott's Apple Juice
684 Mixed Berry Applesauce

319 Orange Cranberry Muffin **14**
OR
366 Blueberry Bagel
445 Mott's Fruit Punch Juice
670 Fresh Fruit

333 Blueberry Chex Cereal **21**
OR
315 Apple Cinnamon Toast (HOT)
446 Mott's Apple Juice
670 Fresh Fruit

325 Cinnamon Chex Cereal **4**
OR
922 Granola with Cinnamon & 136 Vanilla Yogurt
670 Fresh Fruit
647 Dole Mandarin Orange Cup

Thursday



328 Chocolate Chip Muffin **8**
OR
922 Granola with Cinnamon & 133 Strawberry Banana Yogurt
608 Dole Tropical Fruit Cup
445 Mott's Fruit Punch Juice

327 Pillsbury Maple Mini Waffles **15**
OR
338 French Toast Sticks (HOT)
670 Fresh Fruit
684 Mixed Berry Applesauce

369 Pillsbury Berry Blast Mini French Toast **22**
OR
922 Granola with Cinnamon & 138 Blueberry Yogurt
445 Mott's Fruit Punch Juice
691 Strawberry Apple Crisps

323 Apple Cinnamon Muffin **5**
OR
306 Apple Frudel (HOT)
445 Mott's Fruit Punch Juice
670 Fresh Fruit

Friday



324 Cocoa Puffs Cereal **9**
OR
637 Cinnamon Raisin Bagel
690 Apple Crisps
670 Fresh Fruit

359 Honey Scooters Cereal **16**
OR
922 Granola with Cinnamon & 134 Cherry Vanilla Yogurt
656 Craisins
670 Fresh Fruit

328 Chocolate Chip Muffin **23**
OR
262 Turkey Sausage Breakfast Pizza (HOT)
684 Mixed Berry Applesauce
656 Craisins

319 Orange Cranberry Muffin **6**
OR
922 Granola with Cinnamon & 136 Vanilla Yogurt
446 Mott's Apple Juice
670 Fresh Fruit

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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.