



JANUARY 2023

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!

328 Chocolate Chip Muffin OR
 921 Granola &
 137 Peach yogurt
 649 Dole Orange Gello Bowl
 657 Strawberry Craisins
Weekly Alternates:
 327 Pillsbury Maple Mini Waffles
 388 Honey Bunches of Oats Breakfast Kit

9

369 Berry Blast Mini French Toast OR
 302 Egg & Cheese Turkey Sausage Breakfast Wrap (HOT)
 670 Fresh Fruit
 445 Mott's Fruit Punch Juice

10

329 Trix Cereal Bar OR
 366 Blueberry Bagel
 684 Mixed Berry Applesauce
 697 Bagged Sliced Apples

11

334 Cinnamon Toast Crunch Cereal OR
 921 Granola &
 127 Peach Yogurt
 670 Fresh Fruit
 446 Mott's Apple Juice

12

321 Banana Muffin OR
 338 French Toast Sticks (HOT)
 670 Fresh Fruit
 608 Dole Tropical Fruit Cup

13

Martin Luther King Jr. Day
Weekly Alternates:
 334 Cinnamon Toast Crunch Cereal
 387 Fruit Loops Breakfast Kit

16

333 Blueberry Chex Cereal OR
 922 Cinnamon Granola &
 136 Vanilla Yogurt
 691 Strawberry Apple Crisps
 670 Fresh Fruit

17

322 Blueberry Muffin OR
 262 Turkey Sausage Breakfast Pizza (HOT)
 648 Dole Strawberry Gello Bowl
 658 Cherry Craisins

18

324 Cocoa Puffs Cereal OR
 306 Apple Frudel (HOT)
 684 Mixed Berry Applesauce
 445 Mott's Fruit Punch Juice

19

322 Blueberry Muffin OR
 922 Granola with Cinnamon &
 136 Vanilla Yogurt
 670 Fresh Fruit
 446 Mott's Apple Juice

20

334 Cinnamon Toast Crunch Cereal OR
 308 Strawberry Mini Bagel (HOT)
 647 Dole Mandarin Orange Cup
 657 Strawberry Craisins
Weekly Alternates:
 324 Cocoa Puffs Cereal
 388 Honey Bunches of Oats Breakfast Kit

23

323 Apple Cinnamon Muffin OR
 921 Granola &
 133 Strawberry Banana Yogurt
 649 Dole Orange Gello Bowl
 670 Fresh Fruit

24

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

25

328 Chocolate Chip Muffin OR
 921 Granola &
 133 Strawberry Banana Yogurt
 445 Mott's Fruit Punch Juice
 608 Dole Tropical Fruit Cup

26

324 Cocoa Puffs Cereal OR
 367 Cinnamon Raisin Bagel
 690 Apple Crisps
 670 Fresh Fruit

27

321 Banana Muffin 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

30

325 Cinnamon Chex Cereal OR
 305 Apple Cinnamon Oatmeal (HOT)
 446 Mott's Apple Juice
 659 Watermelon Craisins

31

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

1

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

2

359 Honey Scooters Cereal OR
 922 Granola with Cinnamon &
 134 Cherry Vanilla Yogurt
 648 Dole Strawberry Gello Bowl
 670 Fresh Fruit

3

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.