



# FEBRUARY 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

**6**  
334 Cinnamon Toast Crunch Cereal OR  
368 Plain Bagel  
445 Mott's Fruit Punch Juice  
670 Fresh Fruit  
Weekly Alternate:  
385 Trix Cereal Breakfast Kit  
325 Cinnamon Chex Cereal

**7**  
322 Blueberry Muffin OR  
921 Granola &  
138 Blueberry Yogurt  
690 Apple Crisps  
645 Dole Pineapple Cup

**8**  
333 Blueberry Chex Cereal OR  
302 Egg, Cheese & Turkey Sausage Wrap (HOT)  
446 Mott's Apple Juice  
670 Fresh Fruit

**9**  
369 Pillsbury Berry Blast Mini French Toast OR  
921 Granola &  
138 Blueberry Yogurt  
445 Mott's Fruit Punch Juice  
691 Strawberry Apple Crisps

**10**  
328 Chocolate Chip Muffin OR  
338 French Toast Sticks (HOT)  
684 Mixed Berry Applesauce  
656 Craisins

**13**  
324 Cocoa Puffs OR  
367 Cinnamon Raisin Bagel  
691 Strawberry Apple Crisps  
684 Mixed Berry Applesauce  
Weekly Alternate:  
387 Fruit Loops Breakfast Kit  
334 Cinnamon Toast Crunch Cereal

**14**  
327 Pillsbury Maple Mini Waffles OR  
308 Strawberry Mini Bagel (HOT)  
446 Mott's Apple Juice  
658 Cherry Craisins

**15**  
325 Cinnamon Chex Cereal OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
670 Fresh Fruit  
647 Dole Mandarin Orange Cup

**16**  
323 Apple Cinnamon Muffin OR  
306 Apple Frudel (HOT)  
445 Mott's Fruit Punch Juice  
670 Fresh Fruit

**17**  
319 Orange Cranberry Muffin OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
446 Mott's Apple Juice  
670 Fresh Fruit

**20**  
328 Chocolate Chip Muffin OR  
921 Granola &  
137 Peach Yogurt  
649 Dole Orange Gello Bowl  
657 Strawberry Craisins  
Weekly Alternate:  
388 Honey Bunches of Oats Breakfast kit  
327 Pillsbury Maple Mini Waffles

**21**  
369 Pillsbury Berry Blast Mini French Toast OR  
262 Turkey Sausage Breakfast Pizza (HOT)  
670 Fresh Fruit  
445 Mott's Fruit Punch Juice

**22**  
329 Trix Cereal Bar OR  
366 Blueberry Bagel  
684 Mixed Berry Applesauce  
697 Bagged Sliced Apples

**23**  
334 Cinnamon Toast Crunch Cereal OR  
921 Granola &  
137 Peach Yogurt  
670 Fresh Fruit  
446 Mott's Apple Juice

**24**  
321 Banana Muffin OR  
315 Apple Cinnamon Toast (HOT)  
670 Fresh Fruit  
608 Dole Tropical Fruit Cup

**27**  
368 Plain Bagel OR  
327 Pillsbury Maple Mini Waffle  
446 Mott's Apple Juice  
670 Fresh Fruit  
Weekly Alternate:  
387 Fruit Loops Breakfast Kit  
334 Cinnamon Toast Crunch Cereal

**28**  
333 Blueberry Chex Cereal OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
691 Strawberry Apple Crisps  
670 Fresh Fruit

**1**  
322 Blueberry Muffin OR  
305 Apple Cinnamon Oatmeal (HOT)  
648 Dole Strawberry Gello Bowl  
658 Cherry Craisins

**2**  
324 Cocoa Puffs Cereal OR  
302 Egg, Cheese & Turkey Sausage Wrap (HOT)  
684 Mixed Berry Applesauce  
445 Mott's Fruit Punch Juice

**3**  
322 Blueberry Muffin OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
670 Fresh Fruit  
446 Mott's Apple Juice

**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.