



BREAKFAST



APRIL 2023 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

328 Chocolate Chip Muffin OR **3**
921 Granola &
136 Vanilla Yogurt
649 Dole Orange Gello Bowl
657 Strawberry Craisins
Weekly Alternates:
388 Honey Bunches of Oats Breakfast Kit
324 Cocoa Puffs Cereal

324 Cocoa Puffs Cereal OR **10**
327 Pillsbury Maple Mini Waffles
445 Mott's Fruit Punch Juice
658 Cherry Craisins
Weekly Alternates:
384 Cinnamon Toast Crunch Breakfast Kit
328 Chocolate Chip Muffin

323 Apple Cinnamon Muffin OR **17**
921 Granola &
134 Cherry Vanilla Yogurt
645 Dole Pineapple Cup
670 Fresh Fruit
Weekly Alternates:
387 Fruit Loop Breakfast Kit
336 Apple Churro

351 Cinnamon Toast Crunch Cereal Bar (NEW) OR **24**
302 Egg, Cheese & Turkey Sausage Breakfast Wrap (HOT)
445 Mott's Fruit Punch Juice
657 Strawberry Craisins
Weekly Alternates:
385 Trix Cereal Breakfast Kit
327 Pillsbury Maple Mini Waffles

Tuesday

369 Pillsbury Berry Blast Mini French Toast **4**
OR
308 Strawberry Mini Bagel
690 Apple Crisps
445 Mott's Fruit Punch Juice

333 Blueberry Chex Cereal OR **11**
922 Cinnamon Granola &
133 Strawberry Banana Yogurt
691 Strawberry Apple Crisps
684 Mixed Berry Applesauce

325 Cinnamon Chex Cereal OR **18**
315 Apple Cinnamon Toast (HOT)
445 Mott's Fruit Punch Juice
659 Watermelon Craisins

323 Apple Cinnamon Muffin OR **25**
922 Granola with Cinnamon &
138 Blueberry Yogurt
649 Dole Orange Gello Bowl
670 Fresh Fruit

Wednesday

350 Peach Cheerios Cereal Bar (NEW) **5**
OR
367 Cinnamon Raisins Bagel
684 Mixed Berry Applesauce
446 Mott's Apple Juice

322 Blueberry Muffin OR **12**
262 Turkey Sausage Breakfast Pizza (HOT)
648 Dole Strawberry Gello Bowl
659 Watermelon Craisins

319 Orange Cranberry Muffin OR **19**
368 Plain Bagel
658 Cherry Craisins
670 Fresh Fruit

337 Raspberry Churro OR **26**
338 French Toast Sticks (HOT)
446 Mott's Apple Juice
684 Mixed Berry Applesauce

Thursday

Holy Thursday

336 Apple Churros OR **13**
338 French Toast Sticks (HOT)
670 Fresh Fruit
446 Mott's Apple Juice

327 Pillsbury Maple Mini Waffles OR **20**
921 Granola &
134 Cherry Vanilla Yogurt
446 Mott's Apple Juice
684 Mixed Berry Applesauce

328 Chocolate Chip Muffin OR **27**
369 Pillsbury Berry Blast Mini French Toast
670 Fresh Fruit
608 Dole Tropical Fruit Cup

Friday

Good Friday

321 Banana Muffin OR **14**
922 Cinnamon Granola &
133 Strawberry Banana Yogurt
670 Fresh Fruit
445 Mott's Fruit Punch Juice

334 Cinnamon Toast Crunch Cereal OR **21**
306 (Apple Baked Frudel (HOT)
648 Dole Strawberry Gello Bowl
670 Fresh Fruit

324 Cocoa Puffs Cereal OR **28**
922 Granola with Cinnamon &
138 Blueberry Yogurt
690 Apple Crisps
670 Fresh Fruit

PLEASE READ CAREFULLY. Parents are strongly advised to review the menu completely to ensure that each of the food items are 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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.