



# MARCH 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

321 Banana Muffin **6**  
 OR  
 337 Raspberry Churros (NEW)  
 445 Mott's Fruit Punch Juice  
 670 Fresh Fruit  
 Weekly Alternate:  
 385 Trix Cereal Breakfast Kit  
 324 Cocoa Puffs Cereal

325 Cinnamon Chex Cereal **7**  
 OR  
 306 Apple Baked Frudel (HOT)  
 446 Mott's Apple Juice  
 659 Watermelon Craisins

319 Orange Cranberry Muffin **8**  
 OR  
 921 Granola &  
 133 Strawberry Banana Yogurt  
 445 Mott's Fruit Punch Juice  
 670 Fresh Fruit

327 Pillsbury Maple Mini Waffles **9**  
 OR  
 338 French Toast Sticks (HOT)  
 670 Fresh Fruit  
 684 Mixed Berry Applesauce

359 Honey Scooters Cereal **10**  
 OR  
 921 Granola &  
 133 Strawberry Banana Yogurt  
 648 Dole Strawberry Gello Bowl  
 670 Fresh Fruit

351 Cinnamon Toast Crunch Cereal Bar (NEW) **13**  
 OR  
 922 Cinnamon Granola &  
 134 Cherry Vanilla Yogurt  
 647 Dole Mandarin Orange Cup  
 657 Strawberry Craisins  
 Weekly Alternate:  
 388 Honey Bunches of Oats Breakfast Kit  
 327 Pillsbury Maple Mini Waffles

323 Apple Cinnamon Muffin **14**  
 OR  
 262 Turkey Sausage Breakfast Pizza (HOT)  
 649 Dole Orange Gello Bowl  
 670 Fresh Fruit

369 Pillsbury Berry Blast Mini French Toast **15**  
 OR  
 922 Cinnamon Granola &  
 134 Cherry Vanilla Yogurt  
 446 Mott's Apple Juice  
 684 Mixed Berry Applesauce

328 Chocolate Chip Muffin **16**  
 OR  
 368 Plain Bagel  
 445 Mott's Fruit Punch Juice  
 608 Dole Tropical Fruit Cup

324 Cocoa Puffs Cereal **17**  
 OR  
 308 Strawberry Mini Bagel  
 690 Apple Crisps  
 670 Fresh Fruit

334 Cinnamon Toast Crunch Cereal **20**  
 OR  
 315 Apple Cinnamon Toast (HOT)  
 445 Mott's Fruit Punch Juice  
 670 Fresh Fruit  
 Weekly Alternate  
 387 Fruit Loops Breakfast Kit  
 323 Apple Cinnamon Muffin

322 Blueberry Muffin **21**  
 OR  
 921 Granola &  
 138 Blueberry Yogurt  
 690 Apple Crisps  
 645 Dole Pineapple Cup

326 Trix Cereal Cup (NEW) **22**  
 OR  
 367 Cinnamon Raisins Bagel  
 446 Mott's Apple Juice  
 670 Fresh Fruit

369 Berry Blast Mini French Toast **23**  
 OR  
 921 Granola &  
 138 Blueberry Yogurt  
 445 Mott's Fruit Punch Juice  
 691 Strawberry Apple Crisps

328 Chocolate Chip Muffin **24**  
 OR  
 302 Turkey Sausage, Egg & Cheese Breakfast Wrap (HOT)  
 684 Mixed Berry Applesauce  
 656 Craisins

324 Cocoa Puffs **27**  
 OR  
 336 Apple Churros (NEW)  
 691 Strawberry Apple Crisps  
 684 Mixed Berry Applesauce  
 Weekly Alternate:  
 384 Cinnamon Toast Crunch Breakfast Kit  
 328 Chocolate Chip Muffin

327 Pillsbury Maple Mini Waffles **28**  
 OR  
 306 Apple Frudel (HOT)  
 446 Mott's Apple Juice  
 658 Cherry Craisins

325 Cinnamon Chex Cereal **29**  
 OR  
 922 Cinnamon Granola &  
 137 Peach Yogurt  
 670 Fresh Fruit  
 647 Dole Mandarin Orange Cup

323 Apple Cinnamon Muffin **30**  
 OR  
 308 Strawberry Mini Bagel (HOT)  
 445 Mott's Fruit Punch Juice  
 670 Fresh Fruit

319 Orange Cranberry Muffin **31**  
 OR  
 922 Cinnamon Granola &  
 137 Peach 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 are suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Diocese of Camden, 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.