


# NOVEMBER 2023 CHILD CARE BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/30/2023 344 BLUEBERRY CHEX CEREAL 608 DOLE TROPICAL FRUIT CUP 100 WHITE MILK	10/31/2023 339 WG CRANBERRY ORANGE MUFFIN 670 FRESH FRUIT 100 WHITE MILK	11/1/2023 368 WG WHITE SLICED BAGEL <b>or</b> 343 RICE CHEX CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK  <b>ALL SAINTS DAY</b>	11/2/2023 369 PILLSBURY TRIPLE BERRY BLAST WG MINI FRENCH TOAST (thaw & serve) 646 DOLE DICED PEACHES CUP <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	11/3/2023 331 WG CORN MUFFIN 670 FRESH FRUIT 100 WHITE MILK
11/6/2023 327 PILLSBURY MAPLE MADNESS WG MINI WAFFLES (thaw & serve) 670 FRESH FRUIT 100 WHITE MILK	11/7/2023 367 WG CINNAMON RAISIN SLICED BAGEL <b>or</b> 332 WG APPLE CINNAMON MUFFIN 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	11/8/2023 340 HONEY CHEERIOS CEREAL <b>or</b> 341 WG HONEY BUNCHES OF OATS HONEY CRUNCH CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	11/9/2023 330 WG BLUEBERRY MUFFIN 670 FRESH FRUIT <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	11/10/2023 346 CINNAMON TOAST CRUNCH CEREAL 609 DOLE MIXED FRUIT CUP 100 WHITE MILK
11/13/2023 366 WG BLUEBERRY SLICED BAGEL <b>or</b> 345 HONEY SCOOTERS CEREAL 683 UNSWEETENED APPLESAUCE CUP 100 WHITE MILK	11/14/2023 335 WG BANANA MUFFIN 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK	11/15/2023 344 BLUEBERRY CHEX CEREAL 670 FRESH FRUIT 100 WHITE MILK	11/16/2023 339 WG CRANBERRY ORANGE MUFFIN 609 DOLE MIXED FRUIT CUP <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	11/17/2023 369 PILLSBURY TRIPLE BERRY BLAST WG MINI FRENCH TOAST (thaw & serve) 670 FRESH FRUIT 100 WHITE MILK
11/20/2023 344 BLUEBERRY CHEX CEREAL 684 MIXED BERRY APPLESAUCE CUP 100 WHITE MILK	11/21/2023 367 WG CINNAMON RAISIN SLICED BAGEL <b>or</b> 340 HONEY CHEERIOS CEREAL 670 FRESH FRUIT 100 WHITE MILK	11/22/2023 369 PILLSBURY TRIPLE BERRY BLAST WG MINI FRENCH TOAST (thaw & serve) 609 DOLE MIXED FRUIT CUP 100 WHITE MILK	11/23/2023 	11/24/2023 331 WG CORN MUFFIN <b>or</b> 341 WG HONEY BUNCHES OF OATS HONEY CRUNCH CEREAL 645 DOLE PINEAPPLE TIDBITS CUP 100 WHITE MILK
11/27/2023 346 CINNAMON TOAST CRUNCH CEREAL 670 FRESH FRUIT 100 WHITE MILK	11/28/2023 327 WG EGGO MINI MAPLE WAFFLES (thaw & serve) 644 DOLE DICED PEARS CUP 100 WHITE MILK	11/29/2023 335 WG BANANA MUFFIN 670 FRESH FRUIT 100 WHITE MILK	11/30/2023 368 WG WHITE WHEAT SLICED BAGEL <b>or</b> 332 WG APPLE CINNAMON MUFFIN 683 UNSWEETENED APPLESAUCE CUP <b>or</b> 682 BANANAS (requires approval to order) 100 WHITE MILK	12/1/2023 349 CORN CHEX CEREAL 607 DOLE DICED MANGO CUP 100 WHITE MILK

**MENU SUBJECT TO CHANGE**

Milk: 1 year old children must be served 4-ounce whole white milk; children 2 years and older must be served either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk.

REMINDER: Water must be OFFERED every day!

WG = WHOLE GRAIN-RICH

Nutritional Development Services - Archdiocese of Philadelphia, 222 North 17th Street, Philadelphia, PA 19103 Phone: 215-895-3470, Option 2