

# High School Breakfast

## January 2024



Nutritional Development Services-  
Archdiocese of Philadelphia  
222 N 17th St, Philadelphia, PA 19103  
215-895-3470, option 1

NDSSchoolLunchProgram  
 SchoolMealsNDS  
 SchoolMealsNDS

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free

Weekly Alternate	Monday	Tuesday	Wednesday	Thursday	Friday
387 Fruit Loops Breakfast Kit OR 320 Corn Muffin	8 324 Cocoa Puffs Cereal OR 315 Apple Cinnamon Toast HOT 670 Fresh Fruit 657 Strawberry Craisins	9 308 Strawberry Bagel OR 361 Strawberry Pop Tart 445 Mott's Fruit Punch Juice 670 Fresh Fruit	10 328 Chocolate Chip Muffin OR 320 Corn Muffin 670 Fresh Fruit 697 Bagged Sliced Apples	11 318 Eggo Cinnamon Mini Waffles OR 338 French Toast HOT 446 Mott's Apple Juice 670 Fresh Fruit	12 321 Banana Muffin OR 239 Chicken Sausage, Egg & Cheese Waffle Sandwich HOT 684 Mixed Berry Applesauce 670 Fresh Fruit
391 Blueberry Muffin Breakfast Kit OR 328 Chocolate Chip Muffin	15 MLK Jr. Day	16 319 Orange Cranberry Muffin OR 302 Egg, Cheese & Turkey Sausage Wrap HOT 659 Watermelon Craisins 670 Fresh Fruit	17 367 Cinnamon Raisin Bagel OR 307 Cherry Frudel HOT 446 Mott's Apple Juice 670 Fresh Fruit	18 323 Apple Cinnamon Muffin OR 136 Vanilla Yogurt & 922 Cinnamon Granola 670 Fresh Fruit 691 Strawberry Apple Crisps	19 329 Honey Cheerios Cup OR 333 Blueberry Chex 445 Mott's Fruit Punch Juice 670 Fresh Fruit
384 Cinnamon Toast Crunch Breakfast Kit OR 329 Honey Cheerios	22 320 Corn Muffin OR 262 Turkey Sausage Breakfast Pizza HOT 609 Dole Mixed Fruit Cup 670 Fresh Fruit	23 324 Cocoa Puffs Cereal OR 328 Chocolate Chip Muffin 670 Fresh Fruit 644 Dole Pear Cup	24 351 Cinnamon Toast Crunch Bar OR 366 Blueberry Bagel 446 Mott's Apple Juice 670 Fresh Fruit	25 327 Eggo Maple Waffles OR 306 Apple Frudel HOT 670 Fresh Fruit 658 Cherry Craisins	26 321 Banana Muffin OR 338 French Toast HOT 445 Mott's Fruit Punch Juice 691 Strawberry Apple Crisps
386 Frosted Flakes Breakfast Kit OR 327 Eggo Maple Mini Waffles	29 334 Cinnamon Toast Crunch Cup OR 360 Brown Sugar Pop Tart & 134 Cherry Vanilla Yogurt 446 Mott's Apple Juice 670 Fresh Fruit	30 322 Blueberry Muffin OR 315 Apple Cinnamon Toast HOT 670 Fresh Fruit 684 Mixed Berry Applesauce	31 318 Eggo Cinnamon Mini Waffles OR 323 Apple Cinnamon Muffin 445 Mott's Fruit Punch Juice 659 Watermelon Craisins	1 308 Strawberry Mini Bagel OR 307 Cherry Frudel HOT 691 Strawberry Apple Crisps 670 Fresh Fruit	2 350 Peach Cheerios Cereal Bar OR 367 Cinnamon Raisin Bagel 670 Fresh Fruit 645 Pineapple Cup

**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.