

BREAKFAST



SEPTEMBER 2022

Elementary

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
<p>334 Cinnamon Toast Crunch Cereal</p> <p>753 Orange Juice</p> <p>608 Dole Tropical Fruit Cup</p> <p>Prek: Vanilla Honey Bunches of Oats</p> <p>Weekly Alternate: 338 Honey Bunches of Oats Breakfast Kit</p> <p>20</p>	<p>328 Chocolate Chip Muffin OR</p> <p>749 Apple Cherry Juice</p> <p>670 Fresh Fruit</p> <p>Prek: 330 Blueberry Muffin</p> <p>30</p>	<p>366 Blueberry Bagel</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Prek: 345 Honey Scooters Cereal</p> <p>31</p>	<p>329 Trix Cereal Bar OR</p> <p>922 Granola with Cinnamon & Raisins (Hot)</p> <p>134 Apple Raisin Cereal (NEW)</p> <p>OR</p> <p>306 Apple Raisin Cereal (NEW)</p> <p>748 Grape Juice</p> <p>697 Bagged Sliced Apples</p> <p>Prek: 331 Corn Muffin</p> <p>1</p>	<p>319 Orange Cranberry Muffin</p> <p>750 Apple Juice</p> <p>690 Apple Crisps</p> <p>2</p>
<p>Labor Day</p> <p>Weekly Alternate: 382 Cinnamon Toast Crunch Breakfast Kit</p> <p>5</p>	<p>322 Blueberry Muffin OR</p> <p>122 Blueberry Pancakes (Hot)</p> <p>753 Orange Juice</p> <p>657 Strawberry Craisins</p> <p>Prek: 332 Apple Cinnamon Muffin</p> <p>6</p>	<p>368 Blueberry Bagel</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Prek: 345 Honey Scooters Cereal</p> <p>7</p>	<p>323 Apple Cinnamon Muffin</p> <p>749 Apple Cherry Juice</p> <p>646 Dole Pineapple Cup</p> <p>Prek: 341 Vanilla Honey Bunches of Oats</p> <p>8</p>	<p>324 Cocoa Puffs Cereal (NEW)</p> <p>OR</p> <p>748 Grape Juice</p> <p>670 Fresh Fruit</p> <p>Prek: 366 Blueberry Bagel</p> <p>9</p>
<p>326 Chocolate Chip Muffin OR</p> <p>337 Eggo Blueberry Pancakes (Hot)</p> <p>749 Apple Cherry Juice</p> <p>647 Dole Mandarin Oranges</p> <p>Prek: 342 Cheerios</p> <p>Weekly Alternate: 387 Fruit Loops Breakfast Kit (NEW)</p> <p>12</p>	<p>327 Pillsbury Maple Mini Waffles</p> <p>750 Apple Juice</p> <p>697 Bagged Apple Slices</p> <p>Prek: 339 Cranberry Orange Muffin</p> <p>13</p>	<p>319 Orange Cranberry Muffin</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Prek: 331 Corn Muffin</p> <p>14</p>	<p>359 Honey Scooters OR</p> <p>307 Cherry Fruited (Hot)</p> <p>748 Grape Juice</p> <p>670 Fresh Fruit</p> <p>Prek: 330 Blueberry Muffin</p> <p>15</p>	<p>329 Trix Cereal Bar OR</p> <p>922 Granola with Cinnamon & Raisins (Hot)</p> <p>136 Vanilla Yogurt (NEW)</p> <p>753 Orange Juice</p> <p>691 Strawberry Apple Crisps</p> <p>Prek: 341 Cinnamon Cheek Cereal</p> <p>16</p>
<p>325 Cinnamon Cheek Cup</p> <p>753 Orange Cup</p> <p>647 Dole Mandarin Oranges</p> <p>Prek: Pillsbury Strawberry Splash Pancakes</p> <p>Weekly Alternate: 385 Trix Cereal Breakfast Kit</p> <p>19</p>	<p>328 Chocolate Chip Muffin</p> <p>749 Apple Cherry Juice</p> <p>670 Fresh Fruit</p> <p>Prek: 346 Cinnamon Toast Crunch Cereal</p> <p>20</p>	<p>366 Blueberry Bagel</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Prek: 345 Honey Scooters Cereal</p> <p>21</p>	<p>324 Cocoa Puffs Cereal OR</p> <p>922 Granola with Cinnamon & Raisins (Hot)</p> <p>137 Peach Yogurt</p> <p>748 Grape Juice</p> <p>670 Fresh Fruit</p> <p>Prek: 343 Rice Cheek Cereal</p> <p>22</p>	<p>319 Orange Cranberry Muffin OR</p> <p>306 Apple Fruited (Hot)</p> <p>750 Apple Juice</p> <p>690 Apple Crisps</p> <p>Prek: 331 Corn Muffin</p> <p>23</p>
<p>368 Plain Bagel</p> <p>752 Fruit Punch Juice</p> <p>609 Dole Mixed Fruit Cup</p> <p>Prek: 341 Vanilla Honey Bunches of Oats Cereal</p> <p>Weekly Alternate: 384 Cinnamon Toast Crunch</p> <p>26</p>	<p>322 Blueberry Muffin OR</p> <p>337 Eggo Blueberry Pancakes (Hot)</p> <p>753 Orange Juice</p> <p>690 Apple Crisps</p> <p>Prek: 330 Blueberry Muffin</p> <p>27</p>	<p>368 Blueberry Bagel</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Prek: 345 Honey Scooters Cereal</p> <p>28</p>	<p>323 Apple Cinnamon Muffin OR</p> <p>338 French Toast Sticks (Hot)</p> <p>749 Apple Cherry Juice</p> <p>670 Fresh Fruit</p> <p>Prek: 367 Cinnamon Raisin Bagel</p> <p>29</p>	<p>334 Cinnamon Toast Crunch Cereal</p> <p>748 Grape Juice</p> <p>659 Cherry Craisins</p> <p>Prek: 339 Cranberry Orange Muffin</p> <p>30</p>

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 supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.



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Monday	Tuesday	Wednesday	Thursday	Friday
281 Popcorn Chicken with Roasted Potatoes 611 Bagged Baby Carrots 749 Apple Cherry Juice 990 Chocolate Chip Cookie 5	215 Taco Stick 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 941 Tostitos Scoops 6	280 Hamburger with Green Beans 541 Chocolate Hummus 659 Crisps 932 Cinnamon Scooby Snacks 7	263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 8	282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 690 Apple Crisps 915 Hamburger Bun 932 Cinnamon Scooby Snacks 9
6 Labor Day	285 Chicken Fingers & Corn 631 Cherry Star Vegetable Juice 645 Dole Pileapple Cup 929 Elf Grahams 6	286 Penne pasta with Meat Sauce, Cheese & Italian Vegetables 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 901 Honey Biscuit 7	218 Mozzarella Pinwheels 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 670 Fresh Fruit 8	274 Toasted Cheese Sandwich 706 Romaine Salad with Cherry Tomatoes 752 Fruit Punch Juice 9
284 Chicken Alfredo with Penne Pasta & Broccoli 631 Cherry Star Vegetable Juice 670 Fresh Fruit 908 Dinner Rolls 12	280 Hamburger with Green Beans 611 Bagged Baby Carrots 750 Apple Juice 13	281 Popcorn Chicken with Roasted Potatoes 541 Chocolate Hummus 749 Apple Cherry Juice 932 Cinnamon Scooby Snacks 14	264 4x6 Cheese Pizza 708 Romaine Salad with Chickpeas 670 Fresh Fruit 15	215 Taco Stick 620 Salsa 632 Wango Mango Vegetable Juice 690 Apple Crisps 915 Hamburger Bun 932 Cinnamon Scooby Snacks 16
285 Chicken Strips & Green Beans 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 19	252 Hot Dog 604 Baked Beans 685 Rosati Water Ice 928 Goldfish Pretzels 20	282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 690 Apple Crisps 915 Hamburger Bun 932 Cinnamon Scooby Snacks 21	218 Mozzarella Pinwheels 706 Romaine Salad with Cherry Tomatoes 670 Fresh Fruit 992 Oatmeal Cookie 22	276 Chicken Teriyaki with Rice & Carrots 782 Fruit Punch Juice 903 Maple Biscuits 23
283 Chicken Fingers & Corn 542 Harvest Pumpkin Hummus 670 Fresh Fruit 932 Cinnamon Scooby Snacks 26	286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables 611 Bagged Baby Carrots 750 Apple Juice 908 Dinner Rolls 27	215 Taco Stick 620 Salsa 632 Wango Mango Vegetable Juice 670 Fresh Fruit 941 Tostitos Scoops 28	277 Chicken Fajita Bowl with Brown Rice, Black Beans & Tomato 630 Dragon Punch Vegetable Juice 657 Strawberry Crisps 29	263 5" Round Cheese Pizza 708 Romaine Salad with Chickpeas 670 Fresh Fruit 928 Goldfish 30

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