

BREAKFAST



OCTOBER 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

333 Blueberry Chex
753 Orange Juice
608 Dole Tropical Fruit Cup

3
Pre-K: 349 Corn Chex Cereal
Weekly Alternate: 387 Fruit Loops Breakfast Kit

334 Cinnamon Toast Crunch Cereal
753 Orange Juice
608 Dole Tropical Fruit Cup

10
Pre-K: 342 Cheerios
Weekly Alternate: 388 Honey Bunches of Oats Breakfast Kit

333 Blueberry Chex Cup
752 Fruit Punch Juice
670 Fresh Fruit

17
Pre-K: 367 Cinnamon Raisin Bagel
Weekly Alternate: 384 Cinnamon Toast Crunch Breakfast Kit

328 Chocolate Chip Muffin OR
302 Egg, Cheese & Turkey Sausage Breakfast Wrap
749 Apple Cherry Juice
647 Dole Mandarin Oranges

24
Pre-K: 341 Vanilla Honey Bunches of Oats
Weekly Alternate: 385 Trix Cereal Breakfast Kit



Tuesday

328 Chocolate Chip Muffin OR
922 Granola with Cinnamon & 133 Strawberry- Banana Yogurt
749 Apple Cherry Juice
670 Fresh Fruit

4
Pre-K: 332 Apple Cinnamon Muffin

328 Chocolate Chip Muffin OR
302 Egg & Cheese Turkey Sausage Wrap
749 Apple Cherry Juice
670 Fresh Fruit

11
Pre-K: 339 Cranberry Orange Muffin

322 Blueberry Muffin OR
922 Granola with Cinnamon & 137 Peach Yogurt
753 Orange Juice
657 Strawberry Craisins

18
Pre-K: 346 Cinnamon Toast Crunch Cereal

327 Pillsbury Maple Mini Waffles
750 Apple Juice
697 Bagged Sliced Apples

25
Pre-K: 330 Blueberry Muffin

Wednesday

366 Blueberry Bagel OR
306 Apple Frudel (HOT)
752 Fruit Punch Juice
659 Watermelon Craisins

5
Pre-K: 331 Corn Muffin

366 Blueberry Bagel OR
327 Pillsbury Maple Mini Waffles
752 Fruit Punch Juice
659 Watermelon Craisins

12
Pre-K: 331 Corn Muffin

369 Pillsbury Berry Blast Mini French Toast OR
262 Turkey Sausage Breakfast Bagel (HOT) & (NEW)
750 Apple Juice
670 Fresh Fruit

19
Pre-K: 335 Banana Muffin

319 Orange Cranberry Muffin
752 Fruit Punch Juice
659 Watermelon Craisins

26
Pre-K: 345 Honey Scooters Cereal

Thursday

334 Cinnamon Toast Crunch Cereal
748 Grape Juice
697 Bagged Sliced Apples

6
Pre-K: 341 Vanilla Honey Bunches of Oats Cereal

319 Orange Cranberry Muffin OR
306 Apple Frudel (HOT)
748 Grape Juice
697 Bagged Sliced Apples

13
330 Blueberry Muffin

323 Apple Cinnamon Muffin
749 Apple Cherry Juice
645 Dole Pineapple Cup

20
Pre-K: 343 Rice Chex Cereal

359 Honey Scooters OR
306 Apple Frudel (HOT)
748 Grape Juice
670 Fresh Fruit

27
Pre-K: 331 Corn Muffin

Friday

319 Orange Cranberry Muffin
750 Apple Juice
690 Apple Crisps

7
Pre-K: 366 Blueberry Bagel

329 Trix Cereal Bar OR
922 Granola with Cinnamon & 136 Vanilla Yogurt
750 Apple Juice
690 Apple Crisps

14
347 Cinnamon Chex Cereal

324 Cocoa Puffs Cereal OR
338 French Toast Sticks (HOT)
748 Grape Juice
670 Fresh Fruit

21
Pre-K: 331 Corn Muffin

329 Trix Cereal Bar OR
922 Granola with Cinnamon & 136 Vanilla Yogurt
753 Orange Juice
691 Strawberry Apple Crisps

28
Pre-K: 339 Cranberry Orange Muffin

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