



NOVEMBER 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>325 Cinnamon Chex Cup OR 31</p> <p>338 French Toast Sticks (HOT)</p> <p>753 Orange Juice</p> <p>647 Dole Mandarin Orange Cup</p> <p>Pre-K: 349 Corn Chex Cereal</p> <p>Weekly Alternate:</p> <p>387 Fruit Loops Breakfast Kit</p>	<p>328 Chocolate Chip Muffin OR 1</p> <p>922 Granola with Cinnamon & 138 Blueberry Yogurt</p> <p>749 Apple Cherry Juice</p> <p>670 Fresh Fruit</p> <p>Pre-K: 330 Blueberry Muffin</p>	<p>366 Blueberry Bagel OR 2</p> <p>315 Apple Cinnamon Toast (HOT)</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Pre-K: 339 Orange Cranberry Muffin</p>	<p>324 Cocoa Puffs Cereal OR 3</p> <p>308 Strawberry Mini Bagel (HOT)</p> <p>748 Grape Juice</p> <p>670 Fresh Fruit</p> <p>Pre-K: 341 Vanilla Honey Bunches of Oats</p>	<p>319 Orange Cranberry Muffin OR 4</p> <p>922 Granola with Cinnamon & 138 Blueberry yogurt</p> <p>750 Apple Juice</p> <p>690 Apple Crisps</p> <p>Pre-K: 366 Blueberry Bagel</p>
<p>368 Plain Bagel OR 7</p> <p>922 Granola with Cinnamon & 133 Strawberry Banana Yogurt</p> <p>752 Fruit Punch Juice</p> <p>609 Dole Mixed Fruit Cup</p> <p>Pre-K: 342 Cheerios</p> <p>Weekly Alternate:</p> <p>388 Honey Bunches of Oats Breakfast Kit</p>	<p>328 Chocolate Chip Muffin OR 8</p> <p>302 Egg, Cheese & Turkey Sausage Breakfast Wrap (HOT)</p> <p>749 Apple Cherry Juice</p> <p>670 Fresh Fruit</p> <p>Pre-K: 335 Banana Muffin</p>	<p>367 Cinnamon Raisin Bagel OR 9</p> <p>922 Granola with Cinnamon & 133 Strawberry Banana Yogurt</p> <p>659 Watermelon Craisins</p> <p>752 Fruit Punch Juice</p> <p>Pre-K: 346 Cinnamon Toast Crunch Cereal</p>	<p>334 Cinnamon Toast Crunch Cereal OR 10</p> <p>262 Turkey Sausage Breakfast Bagel (HOT)</p> <p>748 Grape Juice</p> <p>697 Bagged Sliced Apples</p> <p>Pre-K: 331 Corn Muffin</p>	<p>319 Orange Cranberry Muffin OR 11</p> <p>306 Apple Frudel (HOT)</p> <p>750 Apple Juice</p> <p>690 Apple Crisps</p> <p>Pre-K: 347 Cinnamon Chex Cereal</p>
<p>334 Cinnamon Toast Crunch Cereal OR 14</p> <p>369 Berry Blast Mini French Toast</p> <p>753 Orange Juice</p> <p>608 Dole Tropical Fruit Cup</p> <p>Pre-K: 369 Pillsbury Berry Blast Mini French Toast</p> <p>Weekly Alternate:</p> <p>384 Cinnamon Toast Crunch Breakfast Kit</p>	<p>328 Chocolate Chip Muffin OR 15</p> <p>922 Granola with Cinnamon & 138 Blueberry Yogurt</p> <p>749 Apple Cherry Juice</p> <p>670 Fresh Fruit</p> <p>Pre-K: 367 Cinnamon Raisin Bagel</p>	<p>327 Pillsbury Maple Mini Waffles OR 16</p> <p>308 Strawberry Mini Bagel (HOT)</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Pre-K: 332 Apple Cinnamon Muffin</p>	<p>319 Orange Cranberry Muffin OR 17</p> <p>922 Granola with Cinnamon & 138 Blueberry Yogurt</p> <p>748 Grape Juice</p> <p>697 Bagged Sliced Apples</p> <p>Pre-K: 343 Rice Chex Cereal</p>	<p>329 Trix Cereal Bar OR 18</p> <p>338 French Toast Sticks (HOT)</p> <p>750 Apple Juice</p> <p>690 Apple Crisps</p> <p>Pre-K: 330 Blueberry Muffin</p>
<p>324 Cocoa Puffs Cereal OR 21</p> <p>922 Granola with Cinnamon & 136 Vanilla Yogurt</p> <p>670 Fresh Fruit</p> <p>752 Fruit Punch Juice</p> <p>Pre-K: 341 Vanilla Honey Bunches of Oats</p> <p>Weekly Alternate:</p> <p>385 Trix Cereal Breakfast Kit</p>	<p>322 Blueberry Muffin OR 22</p> <p>306 Apple Frudel (HOT)</p> <p>753 Orange Juice</p> <p>657 Strawberry Craisins</p> <p>Pre-K: 331 Corn Muffin</p>	<p>369 Pillsbury Beery Blast Mini French Toast OR 23</p> <p>922 Granola with Cinnamon & 136 Vanilla Yogurt</p> <p>750 Apple Juice</p> <p>645 Dole Pineapple Cup</p> <p>Pre-K: 345 Honey Scooters Cereal</p>	<p>24</p> <p>Happy Thanksgiving!</p>	
<p>325 Cinnamon Chex Cereal OR 28</p> <p>922 Granola with Cinnamon & 137 Peach Yogurt</p> <p>749 Apple Cherry Juice</p> <p>647 Dole Mandarin Oranges</p> <p>Pre-K: 346 Cinnamon Toast Crunch Cereal</p> <p>Weekly Alternate:</p> <p>387 Fruit Loops Breakfast Kit</p>	<p>327 Pillsbury Maple Mini Waffles OR 29</p> <p>338 French Toast Sticks (HOT)</p> <p>750 Apple Juice</p> <p>670 Fresh Fruit</p> <p>Pre-K: 366 Blueberry Bagel</p>	<p>319 Orange Cranberry Muffin OR 30</p> <p>302 Egg, Cheese & Turkey Sausage Wrap (HOT)</p> <p>752 Fruit Punch Juice</p> <p>659 Watermelon Craisins</p> <p>Pre-K: 335 Banana Muffin</p>	<p>359 Honey Scooters OR 1</p> <p>922 Granola with Yogurt & 137 Peach Yogurt</p> <p>748 Grape Juice</p> <p>670 Fresh Fruit</p> <p>Pre-K: 342 Cheerios Cereal</p>	<p>329 Trix Cereal Bar OR 2</p> <p>369 Pillsbury Berry Blast Mini French Toast</p> <p>753 Orange Juice</p> <p>691 Strawberry Apple Crisps</p> <p>Pre-K: 332 Apple Cinnamon Muffin</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.