


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

334 Cinnamon Toast Crunch Cereal **29**
 753 Orange Juice
 608 Dole Tropical Fruit Cup
 PreK: Vanilla Honey Bunches of Oats
 Weekly Alternate: 338 Honey Bunches of Oats Breakfast Kit

Labor Day **5**

Weekly Alternate: 382 Cinnamon Toast Crunch Breakfast Kit

328 Chocolate Chip Muffin OR **12**
 337 Eggo Blueberry Pancakes (Hot)
 749 Apple Cherry Juice
 647 Dole Mandarin Oranges
 PreK: 342 Cheerios
 Weekly Alternate: 387 Fruit Loops Breakfast Kit (NEW)

325 Cinnamon Chex Cup **19**
 753 Orange Cup
 647 Dole Mandarin Oranges
 PreK: Pillsbury Strawberry Splash Pancakes
 Weekly Alternate: 385 Trix Cereal Breakfast Kit

368 Plain Bagel **26**
 752 Fruit Punch Juice
 609 Dole Mixed Fruit Cup
 PreK: 341 Vanilla Honey Bunches of Oats Cereal
 Weekly Alternate: 384 Cinnamon Toast Crunch

Tuesday

328 Chocolate Chip Muffin OR **30**
 302 Egg & Cheese Turkey Sausage Breakfast Wrap (Hot)
 749 Apple Cherry Juice
 670 Fresh Fruit
 PreK: 330 Blueberry Muffin

322 Blueberry Muffin OR **6**
 922 Granola with Cinnamon & 137 Peach Yogurt (NEW)
 753 Orange Juice
 657 Strawberry Craisins
 PreK: 332 Apple Cinnamon Muffin

327 Pillsbury Maple Mini Waffles **13**
 750 Apple Juice
 697 Bagged Apple Slices
 PreK: 339 Cranberry Orange Muffin

328 Chocolate Chip Muffin **20**
 749 Apple Cherry Juice
 670 Fresh Fruit
 PreK: 346 Cinnamon Toast Crunch Cereal

322 Blueberry Muffin OR **27**
 337 Eggo Blueberry Pancakes (Hot)
 753 Orange Juice
 690 Apple Crisps
 PreK: 330 Blueberry Muffin

Wednesday

366 Blueberry Bagel **31**
 752 Fruit Punch Juice
 659 Watermelon Craisins
 PreK: 345 Honey Scooters Cereal

369 Pillsbury Berry Blast Mini French Toast **7**
 OR
 336 Pillsbury Strawberry Pancakes (Hot)
 750 Apple Juice
 670 Fresh Fruit
 PreK: 327 Pillsbury Maple Mini Waffles

319 Orange Cranberry Muffin **14**
 752 Fruit Punch Juice
 659 Watermelon Craisins
 PreK: 331 Corn Muffin

366 Blueberry Bagel OR **21**
 302 Egg & Cheese Turkey Sausage Breakfast Wrap (Hot)
 752 Fruit Punch Juice
 659 Watermelon Craisins
 PreK: 335 Banana Muffin

369 Pillsbury Berry Blast Mini French Toast **28**
 OR
 922 Granola with Cinnamon & 138 Blueberry Yogurt (NEW)
 750 Apple Juice
 670 Fresh Fruit
 PreK: 345 Honey Scooters

Thursday

329 Trix Cereal Bar **1**
 OR
 922 Granola with Cinnamon & 134 Cherry Vanilla Yogurt (NEW)
 OR
 306 Apple Frudel (Hot)
 748 Grape Juice
 697 Bagged Sliced Apples
 PreK: 331 Corn Muffin

323 Apple Cinnamon Muffin **8**
 749 Apple Cherry Juice
 645 Dole Pineapple Cup
 PreK: 341 Vanilla Honey Bunches of Oats

359 Honey Scooters OR **15**
 307 Cherry Frudel (Hot)
 748 Grape Juice
 670 Fresh Fruit
 PreK: 330 Blueberry Muffin

324 Cocoa Puffs Cereal OR **22**
 922 Granola with Cinnamon & 137 Peach Yogurt
 748 Grape Juice
 670 Fresh Fruit
 PreK: 343 Rice Chex Cereal

323 Apple Cinnamon Muffin OR **29**
 338 French Toast Sticks (Hot)
 749 Apple Cherry Juice
 670 Fresh Fruit
 PreK: 367 Cinnamon Raisin Bagel

Friday

319 Orange Cranberry Muffin **2**
 750 Apple Juice
 690 Apple Crisps
 PreK: 332 Apple Cinnamon Muffin

324 Cocoa Puffs Cereal (NEW) **9**
 OR
 338 French Toast Sticks (Hot)
 748 Grape Juice
 670 Fresh Fruit
 PreK: 366 Blueberry Bagel

329 Trix Cereal Bar OR **16**
 922 Granola with Cinnamon & 136 Vanilla Yogurt (NEW)
 753 Orange Juice
 691 Strawberry Apple Crisps
 PreK: 341 Cinnamon Chex Cereal

319 Orange Cranberry Muffin OR **23**
 306 Apple Frudel (Hot)
 750 Apple Juice
 690 Apple Crisps
 PreK: 331 Corn Muffin

334 Cinnamon Toast Crunch Cereal **30**
 748 Grape Juice
 658 Cherry Craisins
 PreK: 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.



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
281 Popcorn Chicken with Roasted Potatoes 611 Bagged Baby Carrots 749 Apple Cherry Juice 990 Chocolate Chip Cookie 29	215 Taco Stick 620 Salsa 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 941 Tostitos Scoops 30	280 Hamburger with Green Beans 541 Chocolate Hummus 659 Craisins 932 Cinnamon Scooby Snacks 31	263 5" Round Cheese Pizza 708 Romaine Salad with Spinach & Chickpeas 670 Fresh Fruit 1	282 BBQ Popcorn Chicken with Sweet Mashed Potatoes 632 Wango Mango Vegetable Juice 608 Dole Fruit Cup 915 Hamburger Bun 2
Labor Day 5	283 Chicken Fingers & Corn 631 Cherry Star Vegetable Juice 645 Dole Pineapple 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 670 Fresh Fruit 941 Tostitos Scoops 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 752 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 Craisins 29	263 5" Round Cheese Pizza 708 Romaine Salad with Chickpeas 670 Fresh Fruit 928 Goldfish 30

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.