

BREAKFAST

Elementary



OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5
From St. Peter the Apostle School

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.

Monday

334 Cinnamon Toast Crunch
749 Apple-Cherry Juice
670 Fresh Fruit

Pre K: 346 Cinnamon Toast Crunch

327 Pillsbury Maple Mini Waffles
609 Dole Mixed Fruit Cup
749 Apple-Cherry Juice

Pre K: 349 Corn Chex

328 Chocolate Chip Muffin
670 Fresh Fruit
749 Apple-Cherry Juice

Pre K: 347 Alpha Bits

329 Apple Cinnamon Muffin
670 Fresh Fruit
752 Fruit Punch Juice

Pre K: 340 Sweet Potato Muffin

322 Blueberry Muffin
689 Orange Mango Applesauce
752 Fruit Punch Juice

Pre K: 342 Cheerios

Tuesday

328 Chocolate Chip Muffin
608 Dole Tropical Fruit Cup
752 Fruit Punch Juice

Pre K: 339 Orange Cranberry Muffin

403 Egg & Cheese on a Bagel
670 Fresh Fruit
752 Fruit Punch Juice

Pre K: 332 Apple Cinnamon Muffin

366 Blueberry Bagel
689 Orange Mango Applesauce
752 Fruit Punch Juice

Pre K: 335 Banana Muffin

359 Honey Scooters
689 Orange Mango Applesauce
749 Apple-Cherry Juice

Pre K: 346 Cinnamon Toast Crunch

334 Cinnamon Toast Crunch
670 Fresh Fruit
749 Apple-Cherry Juice

Pre K: 369 Pillsbury Berry Blast Mini French Toast

Wednesday

308 Strawberry Mini Bagel
696 Raisins
753 Orange Juice

Pre K: 369 Pillsbury Berry Blast Mini French Toast

350 Apple-Cinnamon Cheerios
670 Fresh Fruit
748 Grape Juice

Pre K: 343 Rice Chex

334 Cinnamon Toast Cru
670 Fresh Fruit
608 Dole Tropical Fruit Cup

Pre K: 306 Apple Baked Fruitel

307 Cherry Baked Fruitel
647 Dole Mandarin Orange Cup
753 Orange Juice

Pre K: 332 Apple Cinnamon Muffin

311 Cheese Omelet on Pita
670 Fresh Fruit
748 Grape Juice

Pre K: 347 Alpha Bits

Thursday

140 Turkey Ham & Cheese Croissant Sandwich
670 Fresh Fruit
750 Apple Juice

Pre K: 342 Cheerios

304 Cinnamon Bagelfuls
612 Bagged Apples & Grapes
753 Orange Juice

Pre K: Blueberry Bagel

336 Pillsbury Strawberry Splash Pancakes
670 Fresh Fruit
750 Apple Juice

Pre K: 339 Orange Cranberry Muffin

321 Banana Muffin
670 Fresh Fruit
750 Apple Juice

Pre K: 339 Orange Cranberry Muffin

308 Strawberry Mini Bagel
609 Dole Mixed Fruit Cup
750 Apple Juice

Pre K: 335 Banana Muffin

Friday

367 Cinnamon Raisin Bagel
697 Bagged Sliced Apples
748 Grape Juice

Pre K: 330 Blueberry Muffin

307 Cherry Baked Fruitel
670 Fresh Fruit
750 Apple Juice

Pre K: 331 Corn Muffin

329 Trix Cereal Bar
696 Raisins
753 Orange Juice

Pre K: 345 Honey Scooters

303 Egg & Cheese with Turkey Bacon on Toast
670 Fresh Fruit
696 Raisins

Pre K: 330 Blueberry Muffin

SCHOOL CLOSED
PROFESSIONAL DEVELOPMENT

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, Diocese of Camden, 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.

*PreK students may receive one serving of fruit and no juice at breakfast.



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>253 Hot Dog with French Fries</p> <p>907 Hot Dog Bun</p> <p>611 Bagged Baby Carrots</p> <p>540 Garlic Hummus</p> <p>608 Dole Tropical Fruit</p>	<p>255 Cheese Stuffed Breadsticks</p> <p>622 Marinara Sauce</p> <p>635 Calypso Crush Vegetable Juice</p> <p>670 Fresh Fruit</p>	<p>205 Popcorn Chicken</p> <p>704 French Fries</p> <p>670 Fresh Fruit</p> <p>932 Cinnamon Scooby Snacks</p>	<p>226 Philly Cheesesteak</p> <p>Pinwheel</p> <p>708 Romaine Salad with Spinach & Chickpeas</p> <p>752 Fruit Punch Juice</p>	<p>210 Crispy Chicken Filet</p> <p>914 Hamburger Bun</p> <p>631 Cherry Star Veg Juice</p> <p>670 Fresh Fruit</p> <p>620 Salsa</p> <p>941 Tostitos Scoop</p>
<p>269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds</p> <p>631 Cherry Star Vegetable Juice</p>	<p>200 Hamburger OR</p> <p>201 Cheeseburger</p> <p>704 French Fries</p> <p>749 Apple-Cherry Juice</p> <p>914 Hamburger Bun</p>	<p>233 Popcorn Chicken with Sweet & Sour Broccoli</p> <p>611 Bagged Baby Carrots</p> <p>546 Cheesy Pizza</p> <p>Hummus</p> <p>752 Fruit Punch Juice</p>	<p>264 4 x 6" Cheese Pizza</p> <p>708 Romaine Salad with Spinach & Chickpeas</p> <p>670 Fresh Fruit</p>	<p>251 Chicken Nuggets</p> <p>634 Hash Brown</p> <p>635 Calypso Crush Veg Juice</p> <p>670 Fresh Fruit</p> <p>932 Cinnamon Scooby</p>
<p>294 Meatballs with Sauce</p> <p>623 Broccoli</p> <p>752 Fruit Punch Juice</p> <p>907 Hot Dog Bun</p>	<p>281 Salisbury Steak with Gravy</p> <p>610 Mashed Potatoes</p> <p>635 Calypso Crush Vegetable Juice</p> <p>670 Fresh Fruit</p>	<p>253 Hot Dog with French Fries</p> <p>603 Maple Baked Beans</p> <p>670 Fresh Fruit</p> <p>907 Hot Dog Bun</p>	<p>204 Chicken Parmesan</p> <p>914 Hamburger Bun</p> <p>706 Romaine Salad with Cherry Tomatoes</p> <p>749 Apple-Cherry Juice</p>	<p>273 Rotini Bake</p> <p>670 Fresh Fruit</p> <p>908 Dinner Roll</p>
<p>215 Beef & Cheese Taco</p> <p>611 Bagged Baby Carrots</p> <p>546 Cheesy Pizza</p> <p>Hummus OR</p> <p>545 Cranberry Orange</p>	<p>234 Chicken Tenders with Potato Wedges</p> <p>670 Fresh Fruit</p> <p>620 Salsa</p> <p>941 Tostitos Scoops</p>	<p>255 Cheese Stuffed Breadsticks</p> <p>622 Marinara Sauce</p> <p>631 Cherry Star Vegetable Juice</p> <p>670 Fresh Fruit</p>	<p>205 Popcorn Chicken</p> <p>704 French Fries</p> <p>749 Apple-Cherry Juice</p> <p>932 Cinnamon Scooby Snacks</p>	<p>218 Mozzarella Pinwheel</p> <p>708 Romaine Salad with Spinach and Chickpeas</p> <p>752 Fruit Punch Juice</p>
<p>201 Cheeseburger OR</p> <p>200 Hamburger</p> <p>603 Maple Baked Beans</p> <p>631 Cherry Star Vegetable Juice</p> <p>670 Fresh Fruit</p> <p>914 Hamburger Bun OR</p>	<p>271 Spaghetti & Meatballs</p> <p>670 Fresh Fruit</p> <p>903 Maple Biscuit OR</p> <p>908 Dinner Roll</p>	<p>251 Chicken Nuggets</p> <p>634 Hash Brown</p> <p>611 Bagged Baby Carrots</p> <p>686 Chil'in Bat Water Ice</p> <p>993 Pumpkin Cookie</p>	<p>263 5" Round Cheese Pizza</p> <p>706 Romaine Salad with Cherry Tomatoes</p> <p>752 Fruit Punch Juice</p>	<p>School Closed</p> <p>Professional Development</p>



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