



BREAKFAST

Elementary

NOVEMBER 2018

"Bite into a healthy lifestyle"—Winning slogan by Natalie Cardillo, grade 5
From St. Monica School

Nutritional Development Services
Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain rich.



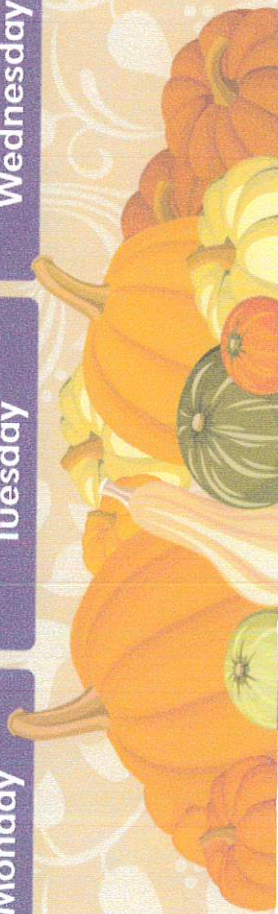
Monday

Tuesday

Wednesday

Thursday

Friday



5
338 French Toast Sticks
609 Dole Mixed Fruit Cup
749 Apple-Cherry Juice
Pre K: 346 Cinnamon Toast Crunch

12
328 Chocolate Chip Muffin
670 Fresh Fruit
749 Apple-Cherry Juice
Pre K: 349 Corn Chex

19
323 Apple Cinnamon Muffin
752 Fruit Punch Juice
670 Fresh Fruit
Pre-K: 347 Alpha Bits

26
315 Apple Cinnamon Toast
689 Orange Mango Applesauce
752 Fruit Punch Juice
Pre K: 367 Cinnamon Raisin Bagel

6
403 Egg & Cheese on a Bagel
670 Fresh Fruit
749 Apple-Cherry Juice
Pre K: 339 Orange Cranberry Muffin

13
306 Apple Baked Frudel
689 Orange Mango Applesauce
752 Fruit Punch Juice
Pre K: 330 Blueberry Muffin

20
359 Honey Scooters
749 Apple-Cherry Juice
689 Orange Mango Applesauce
Pre-K: 335 Banana Muffin

27
334 Cinnamon Toast Crunch
696 Raisins
749 Apple-Cherry Juice
Pre K: 346 Cinnamon Toast Crunch

7
350 Apple Cinnamon Cheerios
Cereal Bar
670 Fresh Fruit
748 Grape Juice
Pre K: 342 Cheerios

14
334 Cinnamon Toast Crunch
670 Fresh Fruit
608 Dole Tropical Fruit Cup
Pre K: 343 Rice Chex

21
307 Cherry Baked Frudel
753 Orange Juice
647 Dole Mandarin Orange Cup
Pre-K: 332 Apple Cinnamon Muffin

28
311 Cheese Omelet on Pita
609 Dole Mixed Fruit Cup
748 Grape Juice
Pre K: 332 Apple Cinnamon Muffin

8
319 Orange Cranberry Muffin
612 Sliced Apples & Grapes
753 Orange Juice
Pre K: 366 Blueberry Bagel

15
336 Pillsbury Strawberry Pancakes
670 Fresh Fruit
750 Apple Juice
Pre K: 339 Orange Cranberry Muffin

22
Happy Thanksgiving

29
328 Chocolate Chip Muffin
670 Fresh Fruit
750 Apple Juice
Pre K: 343 Rice Chex

9
307 Cherry Baked Frudel
670 Fresh Fruit
750 Apple Juice
Pre K: 332 Apple Cinnamon Muffin

16
329 Trix Cereal Bar
696 Raisins
753 Orange Juice
Pre K: 331 Corn Muffin

23
Happy Thanksgiving

30
338 French Toast Sticks
670 Fresh Fruit
753 Orange Juice
Pre K: 330 Blueberry 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, 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 supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.

Pre-K students receive one serving of fruit, no juice, and only unflavored milk at breakfast.



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LUNCH Elementary

Monday

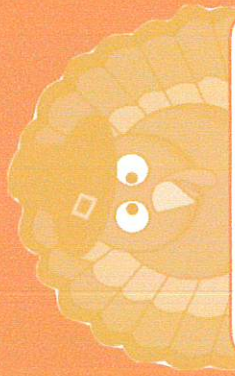
5
289 Pancakes with Sausage
634 Hash Brown
635 Calypso Crush Vegetable Juice
608 Dole Tropical Fruit

12
253 Hot Dog with French Fries
907 Hot Dog Bun
611 Bagged Baby Carrots
540 Garlic Hummus
608 Dole Tropical Fruit Cup

19
234 Chicken Tenders with Potato Wedges
631 Cherry Star Vegetable Juice
608 Dole Tropical Fruit Cup

26
255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Vegetable Juice
689 Orange Mango Applesauce

Tuesday



6
218 Mozzarella Pinwheel
611 Bagged Baby Carrots
540 Garlic Hummus OR
545 Cranberry Orange Hummus
749 Apple-Cherry Juice

13
255 Cheese Stuffed Breadsticks
622 Marinara Sauce
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

20
222 Sliced Turkey with Mashed Potatoes, Stuffing, and Gravy
624 Garlic Green Beans
635 Calypso Crush Veg Juice
684 Wild Watermelon Apples

27
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
609 Dole Mixed Fruit Cup
620 Salsa
941 Tostitos Scoops

Wednesday

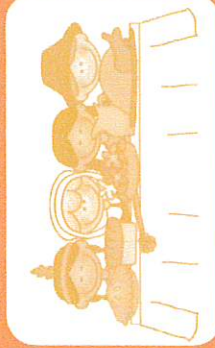
7
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds
631 Cherry Star Vegetable Juice
670 Fresh Fruit
990 Chocolate Chip

14
205 Popcorn Chicken
704 French Fries
670 Fresh Fruit
932 Cinnamon Scooby Snacks

21
NO LUNCH SERVED
12PM DISMISSAL

28
215 Beef & Cheese Taco
914 Hamburger Bun
611 Bagged Baby Carrots
546 Cheesy Pizza
Hummus
545 Cranberry Orange Hummus

Thursday



8
264 4 x 6" Cheese Pizza
635 Calypso Crush Vegetable Juice
670 Fresh Fruit

15
272 Four Cheese Panini
708 Romaine Salad with Spinach and Chickpeas
752 Fruit Punch Juice

22
Happy Thanksgiving

29
205 Popcorn Chicken
704 French Fries
749 Apple-Cherry Juice
932 Cinnamon Scooby Snacks

Friday



9
294 Meatballs with Sauce
708 Romaine Salad with Spinach and Chickpeas
670 Fresh Fruit
907 Hot Dog Bun

16
248 Breaded Chicken, Turkey Pepperoni & Mozzarella on a Bun
631 Cherry Star Vegetable Juice
670 Fresh Fruit
620 Salsa

23
Happy Thanksgiving

30
252 Cheeseburger Macaroni
708 Romaine Salad with Spinach and Chickpeas
752 Fruit Punch Juice

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