



BREAKFAST Elementary

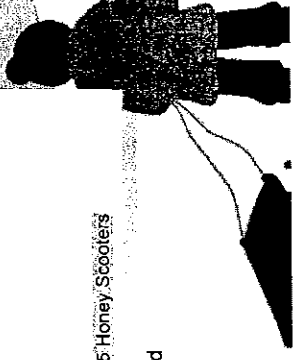
DECEMBER 2018

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	Tuesday	Wednesday	Thursday	Friday
3 306 Apple Baked Fudiel 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 346 Cinnamon Toast Crunch Cereal 10 328 Chocolate Chip Muffin 670 Fresh Fruit 752 Fruit Punch Juice Pre-K: 349 Corn, Chex, Cereal	4 369 Pillsbury Berry Blast Mini French Toast 696 Raisins 752 Fruit Punch Juice Pre-K: 339 Cranberry Orange Muffin 11 334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 330 Blueberry Muffin	5 370 Apple Fruit Pocket 670 Fresh Fruit 750 Apple Juice Pre-K: 331 Corn Muffin 12 304 Cinnamon Bagelfuls 608 Dole Tropical Fruit Cup 750 Apple Juice Pre-K: 343 Rice Chex Cereal	6 303 Egg & Cheese with Turkey Bacon on Toast 670 Fresh Fruit 753 Orange Juice Pre-K: 332 Apple Cinnamon Muffin 13 315 Apple Cinnamon Toast 670 Fresh Fruit 753 Orange Juice Pre-K: 331 Corn Muffin	7 No School Parent Conferences 14 350 Apple Cinnamon Cheerios Cereal Bar 612 Bagged Sliced Apples & Grapes 752 Fruit Punch Juice Pre-K: 332 Apple Cinnamon Muffin
17 306 Apple Baked Fudiel 670 Fresh Fruit 753 Orange Juice Pre-K: 347 Frosted Flakes 24 Winter Break 31 Happy New Year's Eve!	18 370 Apple Fruit Pocket 670 Fresh Fruit 658 Dried Fruit Blend Pre-K: 335 Banana Muffin 25 Merry Christmas 26 Winter Break	19 336 Pillsbury Strawberry Splash Pancakes 609 Dole Mixed Fruit Cup 749 Apple-Cherry Juice Pre-K: 335 Banana Muffin 27 Winter Break	20 403 Egg & Cheese on a Bagel 696 Raisins 752 Fruit Punch Juice Pre-K: 339 Cranberry Orange Muffin 28 Winter Break	21 337 Eggo Blueberry Mini Pancake Bites 689 Orange Mango Applesauce 748 Grape Juice Pre-K: 345 Honey Scooters 28 Winter Break
31 Happy New Year's Eve!	1 Happy New Year!	2 No School Teacher In-Service	3 350 Apple Cinnamon Cheerios Cereal Ba 752 Fruit Punch Juice 689 Orange Mango Applesauce Pre-K: 335 Banana Muffin	4 328 Chocolate Chip Muffin 750 Apple Juice 608 Dole Tropical Fruit Cup Pre-K: 345 Honey Scooters

PLEASE READ CAREFULLY. Parents are strongly advised to review the menu completely to ensure that each of the food items in 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**





LUNCH

Elementary

DECEMBER 2018

"Healthy is the best way to eat...cause it'll get you on your feet... Plus it's fun to run!"
— Winning Slogan by Mailliw Pagan, grade 7
From St. Joseph Pro-Cathedral School


Nutritional Development Services
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Monday

3
274 Curly Cheesy Lasagna
689 Orange
Mango/Apple sauce
901 Honey Biscuit

10
215 Beef & Cheese Taco
631 Cherry Star Veg Juice
647 Dole Mandarin Orange Cup

17
234 Chicken Tenders with Potato Wedges
603 Maple Baked Beans
752 Fruit Punch Juice

24
Winter Break



31
Happy New Year's Eve!


Tuesday

4
217 Teriyaki Chicken w/ Brown Rice
908 Dinner Roll
603 Maple Baked Beans
611 Bagged Baby Carrots
752 Fruit Punch J

11
205 Popcorn Chicken
704 French Fries
762 Fruit Punch Juice
932 Cinnamon Scooby Snacks

18
292 Penne Pasta with Meat Sauce
670 Fresh Fruit
908 Dinner Roll

25
Winter Break



1
Happy New Year!


Wednesday

5
286 Meatloaf with Gravy
639 Corn
631 Cherry Star Veg Juice
670 Fresh Fruit

12
224 Chicken Nuggets with Sweet Potatoes
635 Calypso Crush Veg Juice

19
255 Cheese Stuffed Breadsticks
622 Marinara Sauce
631 Cherry Star Veg Juice
608 Dole Tropical Fruit Cup

26
Winter Break



2
No School
Teacher In-Service

Thursday

6
12pm Dismissal
No Lunch Served

13
272 Four Cheese Panini
708 Romaine Salad with Spinach & Chickpeas
749 Apple-Cherry Juice

20
275 BBQ Chicken Filet
623 Broccoli
631 Cherry Star Veg Juice
749 Apple-Cherry Juice

27
Winter Break



3
273 Rotini Bake
749 Apple-Cherry Juice
901 Honey Biscuit

Friday

7
No School
Parent Conferences

14
200 Hamburger OR
201 Cheeseburger
611 Bagged Baby Carrots
546 Cheesy Pizza Hummus
695 Strawberry-Mango Sidekick

21
Noon Dismissal
No Lunch Served

28
Winter Break


4
252 Cheeseburger Macaroni
624 Garlic Green Beans
635 Calypso Crush Veg Juice
647 Dole Mandarin Orange

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 school does not have a dedicated allergy-free kitchen. Parents should notify the school of any allergies or food intolerances. The school is not responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide information on any food item. Allergies were provided by the supplier of the food item. To request product information please call (215) 895-3470 during normal business hours.