

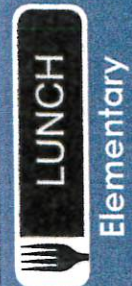


JANUARY 2019

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
<p>7</p> <p>306 Apple Baked Frudel 749 Apple-Cherry Juice 670 Fresh Fruit</p> <p>Pre-K- 346 Cinnamon Toast Crunch Cereal</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>14</p> <p>336 Pillsbury Strawberry Mini Pancakes 752 Fruit Punch Juice 670 Fresh Fruit</p> <p>Pre-K- 349 Corn Chex Cereal</p>	<p>8</p> <p>334 Cinnamon Toast Crunch Cereal 752 Fruit Punch Juice 608 Dole Tropical Fruit Cup</p> <p>Pre-K- 339 Orange Cranberry Muffin</p>	<p>9</p> <p>329 Trix Cereal Bar 750 Apple Juice 670 Fresh Fruit</p> <p>Pre-K- 330 Blueberry Muffin</p>	<p>10</p> <p>328 Chocolate Chip Muffin 748 Grape Juice 696 Raisins</p> <p>Pre-K- 342 Cheerios Cereal</p>	<p>11</p> <p>327 Pillsbury Maple Mini Waffles 753 Orange Juice 670 Fresh Fruit</p> <p>Pre-K- 332 Apple Cinnamon Muffin</p>
<p>21</p> <p>NO SCHOOL</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>15</p> <p>366 Blueberry Bagel 749 Apple-Cherry Juice 670 Fresh Fruit</p> <p>Pre-K- 330 Blueberry Muffin</p>	<p>16</p> <p>337 Eggo Blueberry Mini Pancake 753 Orange Juice 658 Dried Fruit Blend</p> <p>Pre-K- 343 Rice Chex Cereal</p>	<p>17</p> <p>350 Apple Cinnamon Cheerios 750 Apple Juice 612 Bagged Apples & Grapes</p> <p>Pre-K- 331 Corn Muffin</p>	<p>18</p> <p>NO SCHOOL</p>
<p>28</p> <p>328 Chocolate Chip Muffin 752 Fruit Punch Juice 670 Fresh Fruit</p> <p>Pre-K- 332 Apple Cinnamon Muffin</p>	<p>22</p> <p>369 Pillsbury Berry Blast Mini French Toast 752 Fruit Punch Juice 696 Raisins</p> <p>Pre-K- 335 Banana Muffin</p>	<p>23</p> <p>370 Apple Fruit Pocket 750 Apple Juice 670 Fresh Fruit</p> <p>Pre-K- 339 Orange Cranberry Muffin</p>	<p>24</p> <p>303 Egg & Cheese with Turkey Bacon on Toast 753 Orange Juice 670 Fresh Fruit</p> <p>Pre-K- 339 Orange Cranberry Muffin</p>	<p>25</p> <p>308 Strawberry Mini Bagel 699 Orange Mango Applesauce 668 Fried Fruit Blend</p> <p>Pre-K- 345 Honey Scooters Cereal</p>

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



Elementary

JANUARY 2019

“Healthy eating = happy living.” — Winning Slogan by Morgan Hicks, grade 6
From From St. Peter the Apostle School

Nutritional Development Services
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Monday	Tuesday	Wednesday	Thursday	Friday
<p>294 Meatballs with Tomato Sauce 631 Cherry Star Vegetable Juice 689 Orange Mango Applesauce 907 Hot Dog Bun</p> <p>7</p>	<p>Happy New Year</p> <p>1</p>	<p>200 Hamburger OR 603 Maple Baked Beans 632 Wango Mango Vegetable Juice 670 Fresh Fruit</p> <p>9</p>	<p>272 Four Cheese Panini 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice</p> <p>3</p>	<p>275 BBQ Chicken Filet 611 Bagged Baby Carrots 541 Chocolate Hummus OR 546 Cheesy Pizza Hummus 670 Fresh Fruit</p> <p>11</p>
<p>255 Cheese Stuffed Breadstick 622 Marinara Sauce 631 Cherry Star Vegetable Juice 608 Dole Tropical Fruit Cup 932 Cinnamon Scooby Snacks</p> <p>14</p>	<p>277 Arroz Con Pollo 695 Strawberry-Mango Sidekick 988 Dinner Roll</p> <p>8</p>	<p>252 Cheesburger Macaroni 603 Maple Baked Beans 635 Calypso Crush Vegetable Juice 670 Fresh Fruit</p> <p>16</p>	<p>218 Mozzarella Pinwheel 611 Bagged Baby Carrots 540 Garlic Hummus OR 545 Cranberry Orange Hummus 670 Fresh Fruit</p> <p>17</p>	<p>NO SCHOOL</p> <p>18</p>
<p>Martin Luther King Jr. Day</p> <p>21</p>	<p>210 Crispy Chicken Filet & 914 Hamburger Bun 611 Bagged Baby Carrots</p> <p>22</p>	<p>281 Salisbury Steak with Gravy 639 Corn 631 Cherry Star Vegetable Juice 670 Fresh Fruit 904 Wheat Bread (2 slices)</p> <p>23</p>	<p>263 5" Round Cheese Pizza 706 Romaine Salad with Cherry Tomatoes 749 Apple-Cherry Juice</p> <p>24</p>	<p>253 Hot Dog w/French Fries 631 Cherry Star Vegetable Juice 609 Dole Mixed Fruit Cup 907 Hot Dog Bun</p> <p>25</p>
<p>215 Beef & Cheese Taco 631 Cherry Star Vegetable Juice 647 Dole Mandarin Orange Cup 620 Salsa 941 Tostitos Scoops</p> <p>28</p>	<p>205 Popcorn Chicken 704 French Fries 752 Fruit Punch Juice 932 Cinnamon Scooby Snacks</p> <p>29</p>	<p>272 Four Cheese Panini 708 Romaine Salad with Spinach & Chickpeas 749 Apple-Cherry Juice</p> <p>31</p>	<p>272 Four Cheese Panini 708 Romaine Salad with Spinach & Chickpeas 749 Apple-Cherry Juice</p> <p>31</p>	<p>200 Hamburger OR 201 Cheesburger 611 Bagged Baby Carrots 546 Cheesy Pizza Hummus 695 Strawberry-Mango Sidekick 914 Hamburger Bun</p> <p>1</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, 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) 935-3470 during normal business hours.