



# BREAKFAST

## Elementary



# FEBRUARY 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

**4**  
306 Apple Baked Frudel  
670 Fresh Fruit  
749 Apple-Cherry Juice  
  
Pre-K: 346 Cinnamon Toast Crunch Cereal

**5**  
359 Honey Scooters Cereal  
608 Dole Tropical Fruit Cup  
752 Fruit Punch Juice  
  
Pre-K: 339 Orange Cranberry Muffin

**6**  
329 Trix Cereal Bar  
670 Fresh Fruit  
750 Apple Juice  
  
Pre-K: 330 Blueberry Muffin

**7**  
328 Chocolate Chip Muffin  
696 Raisins  
748 Grape Juice  
  
Pre-K: 342 Cheerios

**8**  
327 Pillsbury Maple Mini Waffles  
670 Fresh Fruit  
753 Orange Juice  
  
Pre-K: 330 Blueberry Muffin

**11**  
336 Pillsbury Strawberry Mini Pancakes  
670 Fresh Fruit  
752 Fruit Punch Juice  
  
Pre-K: 349 Corn Chex Cereal

**12**  
366 Blueberry Bagel  
670 Fresh Fruit  
749 Apple-Cherry Juice  
  
Pre-K: 330 Blueberry Muffin

**13**  
337 Eggo Blueberry Mini Pancakes  
658 Dried Fruit Blend  
753 Orange Juice  
  
Pre-K: 343 Rice Chex Cereal

**14**  
350 Apple Cinnamon Cheerios Cereal Bar  
612 Bagged Apples & Grapes  
750 Apple Juice  
  
Pre-K: 331 Corn Muffin

**15**  
140 Turkey Ham & Cheese Croissant  
670 Fresh Fruit  
748 Grape Juice  
  
Pre-K: 366 Blueberry Bagel

**18**  
NO SCHOOL  
PRESIDENT'S DAY

**19**  
369 Pillsbury Berry Blast Mini French Toast  
696 Raisins  
752 Fruit Punch Juice  
  
Pre-K: 335 Banana Muffin

**20**  
334 Cinnamon Toast Crunch Cereal  
670 Fresh Fruit  
750 Apple Juice  
  
Pre-K: 339 Orange Cranberry Muffin

**21**  
303 Egg & Cheese with Turkey Bacon on Toast  
670 Fresh Fruit  
753 Orange Juice  
  
Pre-K: 339 Orange Cranberry Muffin

**22**  
308 Strawberry Mini Bagel  
684 Mixed Berry Applesauce  
658 Dried Fruit Blend  
  
Pre-K: 345 Honey Scooters

**25**  
328 Chocolate Chip Muffin  
670 Fresh Fruit  
752 Fruit Punch Juice  
  
Pre-K: 332 Apple Cinnamon Muffin

**26**  
334 Cinnamon Toast Crunch Cereal  
670 Fresh Fruit  
749 Apple-Cherry Juice  
  
Pre-K: 342 Cheerios

**27**  
304 Cinnamon Bagelfuls  
608 Dole Tropical Fruit Cup  
750 Apple Juice  
  
Pre-K: 367 Cinnamon Raisin Bagel

**28**  
366 Blueberry Bagel  
670 Fresh Fruit  
753 Orange Juice  
  
Pre-K: 343 Rice Chex Cereal

**1**  
350 Apple Cinnamon Cheerios Cereal Bar  
697 Bagged Sliced Apples  
752 Fruit Punch 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 supplies 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



# FEBRUARY 2019

"Fresh food = fresh life" —Winning Slogan by Jon Simmons, grade 3  
From The Laboratory Charter School- Woodbine

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## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

- 4**  
269 Mini Corn Dogs & Chicken Nuggets with Potato Rounds  
603 Maple Baked Beans  
752 Fruit Punch Juice  
929 Cinnamon Elf Grahams

- 5**  
292 Penne Pasta with Meat Sauce  
670 Fresh Fruit  
908 Dinner Roll OR  
901 Honey Biscuit

- 6**  
255 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
631 Cherry Star Vegetable Juice  
608 Dole Tropical Fruit Cup

- 7**  
207 Rib-B-Que  
623 Broccoli  
631 Cherry Star Vegetable Juice  
749 Apple-Cherry Juice  
914 Hamburger Bun

- 8**  
226 Philly Cheesesteak Pimwheel  
704 French Fries  
684 Mixed Berry Applesauce  
990 Chocolate Chip Cookie

- 11**  
278 Chicken Jambalaya  
639 Corn  
670 Fresh Fruit  
904 Wheat Bread (2 slices)

- 12**  
251 Chicken Nuggets  
603 Maple Baked Beans  
632 Wango Mango Vegetable Juice  
670 Fresh Fruit

- 13**  
263 5" Round Cheese Pizza  
611 Bagged Baby Carrots  
684 Mixed Berry Applesauce  
993 Heart Cookie

- 14**  
215 Beef & Cheese Taco  
706 Romaine Salad with Cherry Tomatoes  
686 "Sweet' Heart" Water Ice

**15**  
NOON DISMISSAL

**18**  
NO SCHOOL  
PRESIDENT'S DAY

- 19**  
277 Arroz Con Pollo  
695 Strawberry-Mango Sidekick  
908 Dinner Roll OR  
903 Maple Biscuit

- 20**  
200 Hamburger OR  
201 Cheesburger  
603 Maple Baked Beans  
632 Wango Mango Vegetable Juice  
670 Fresh Fruit  
914 Hamburger Bun

- 21**  
275 BBQ Chicken Filet  
611 Bagged Baby Carrots  
541 Chocolate Hummus OR  
546 Cheesy Pizza Hummus  
670 Fresh Fruit  
914 Hamburger Bun

- 22**  
272 Four Cheese Panini  
706 Romaine Salad with Cherry Tomatoes  
749 Apple-Cherry Juice

- 25**  
255 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
631 Cherry Star Vegetable Juice  
608 Dole Tropical Fruit Cup  
932 Cinnamon Scooby Snacks

- 26**  
278 Chicken Jambalaya  
929 Cinnamon Elf Grahams  
910 Ciabatta Bread  
623 Broccoli  
670 Fresh Fruit

- 27**  
217 Terriyaki Chicken with Brown Rice  
603 Maple Baked Beans  
635 Callypso Crush Vegetable Juice  
670 Fresh Fruit  
908 Dinner Roll

- 28**  
215 Beef & Cheese Taco  
611 Bagged Baby Carrots  
540 Garlic Hummus OR  
545 Cranberry Orange Hummus  
670 Fresh Fruit

- 1**  
205 Popcorn Chicken  
704 French Fries  
749 Apple-Cherry Juice  
990 Chocolate Chip Cookie

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