



OCTOBER 2019

Elementary

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
305 Pancakes 670 Fresh Fruit 750 Apple Juice Pre-K: 346 Cinnamon Toast Crunch	328 Chocolate Chip Muffin 670 Fresh Fruit 752 Fruit Punch Juice Pre-K: 339 Orange Cranberry Muffin	306 Apple Baked Frudel 670 Fresh Fruit 647 Dole Mandarin Orange Cup Pre-K: 366 Blueberry Bagel	329 Trix Cereal Bar 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 349 Corn Chex	369 Pillsbury Berry Blast Mini French Toast 670 Fresh Fruit 684 Mixed Berry Applesauce Pre-K: 332 Apple Cinnamon Muffin
315 Apple Cinnamon Toast 697 Bagged Sliced Apples 670 Fresh Fruit Pre-K: 342 Cheerios	322 Blueberry Muffin 670 Fresh Fruit 753 Orange Juice Pre-K: 330 Blueberry Muffin	327 Pillsbury Maple Mini Waffles 670 Fresh Fruit 748 Grape Juice Pre-K: 343 Rice Chex	325 Cinnamon Chex Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce Pre-K: 368 Plain Bagel	337 Eggo Blueberry Mini Pancakes 670 Fresh Fruit 753 Orange Juice Pre-K: 331 Corn Muffin
NO SCHOOL COLUMBUS DAY	305 Pancakes 670 Fresh fruit 659 Watermelon Craisins Pre-K: 335 Banana Muffin	334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 752 Fruit Punch Juice Pre-K: 368 Plain Bagel	140 Turkey Ham & Cheese Croissant 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 339 Orange Cranberry Muffin	328 Chocolate Chip Muffin 670 Fresh Fruit 684 Mixed Berry Applesauce Pre-K: 347 Cinnamon Chex Cereal
325 Cinnamon Chex Cereal 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 367 Cinnamon Raisin Bagel	307 Cherry Baked Frudel 670 Fresh Fruit 608 Dole Tropical fruit Cup Pre-K: 346 Cinnamon Toast Crunch Cereal	308 Strawberry Mini Bagel 670 Fresh Fruit 753 Orange Juice Pre-K: 332 Apple Cinnamon Muffin	321 Banana Muffin 670 Fresh Fruit 658 Cherry Craisins Pre-K: 342 Cheerios	350 Apple Cinnamon Cheerios Cereal Bar 670 Fresh Fruit 752 Fruit Punch Juice Pre-K: 330 Blueberry Muffin
359 Honey Scooters Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce Pre-K: 349 Corn Chex Cereal	328 Chocolate Chip Muffin 699 Strawberry Cup 750 Apple Juice Pre-K: 330 Blueberry Muffin	369 Pillsbury Berry Blast Mini French Toast 670 Fresh Fruit 659 Watermelon Craisins Pre-K: 366 Blueberry Bagel	337 Eggo Blueberry Mini Pancakes 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 345 Honey Scooters Cereal	NO SCHOOL 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 change, 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.