



# 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
			1	2
327 Pillsbury Maple Mini Waffles 609 Dole Mixed Fruit Cup 749 Apple-Cherry Juice  <b>Pre K: 346 Cinnamon Toast Crunch</b>	334 Cinnamon Toast Crunch 670 Fresh Fruit 749 Apple-Cherry Juice  <b>Pre K: 339 Orange Cranberry Muffin</b>	368 Plain Bagel 670 Fresh Fruit 748 Grape Juice  <b>Pre K: 342 Cheerios</b>	304 Cinnamon Bagelfuls 612 Sliced Apples & Grapes 753 Orange Juice  <b>Pre K: 366 Blueberry Bagel</b>	319 Orange Cranberry Muffin 670 Fresh Fruit 750 Apple Juice  <b>Pre K: 332 Apple Cinnamon Muffin</b>
328 Chocolate Chip Muffin 670 Fresh Fruit 749 Apple-Cherry Juice  <b>Pre K: 349 Corn Chex</b>	366 Blueberry Bagel 689 Orange Mango Applesauce 752 Fruit Punch Juice  <b>Pre K: 330 Blueberry Muffin</b>	334 Cinnamon Toast Crunch 670 Fresh Fruit 608 Dole Tropical Fruit Cup  <b>Pre K: 343 Rice Chex</b>	367 Cinnamon Raisin Bagel 670 Fresh Fruit 750 Apple Juice  <b>Pre K: 339 Orange Cranberry Muffin</b>	329 Trix Cereal Bar 696 Raisins 753 Orange Juice  <b>Pre K: 331 Corn Muffin</b>
323 Apple Cinnamon Muffin 752 Fruit Punch Juice 670 Fresh Fruit  <b>Pre-K: 347 Alpha Bits</b>	334 Cinnamon Toast Crunch 749 Apple-Cherry Juice 689 Orange Mango Applesauce  <b>Pre-K: 335 Banana Muffin</b>	359 Honey Scooters 753 Orange Juice 647 Dole Mandarin Orange Cup  <b>Pre-K: 332 Apple Cinnamon Muffin</b>	<b>Happy Thanksgiving</b>	
NO SCHOOL TODAY !!!!	334 Cinnamon Toast Crunch 696 Raisins 749 Apple-Cherry Juice  <b>Pre K: 346 Cinnamon Toast Crunch</b>	350 Apple Cinnamon Cheerios Cereal Bar 609 Dole Mixed Fruit Cup 748 Grape Juice  <b>Pre K: 332 Apple Cinnamon Muffin</b>	328 Chocolate Chip Muffin 670 Fresh Fruit 750 Apple Juice  <b>Pre K: 343 Rice Chex</b>	304 Cinnamon Bagelfuls 670 Fresh Fruit 753 Orange Juice  <b>Pre K: 330 Blueberry Muffin</b>

**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.