



## **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
	367 Cinnamon Raisin Bagel 670 Fresh Fruit 750 Apple Juice	334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 752 Fruit Punch Juice	328 Chocolate Chip Muffin 670 Fresh Fruit 647 Dole Mandarin Orange Cup	329 Trix Cereal Bar 670 Fresh Fruit 749 Apple-Cherry Juice	369 Pillsbury Berry Blast Mini French Toast 670 Fresh Fruit 684 Mixed Berry Applesauce
M	Pre-K: 346 Cinnamon Toast Crunch	Pre-K: 339 Orange Cranberry Muffin	Pre-K: 366 Blueberry Bagel	Pre-K: 349 Corn Chex	Pre-K: 332 Apple Cinnamon Muffin
V	329 Trix Cereal Bar 697 Bagged Sliced Apples 670 Fresh Fruit	322 Blueberry Muffin 670 Fresh Fruit 753 Orange Juice	321 Banana Muffin 670 Fresh Fruit 748 Grape Juice	325 Cinnamon Chex Cereal 670 Fresh Fruit 684 Mixed Berry Applesauce	366 Blueberry Bagel 670 Fresh Fruit 753 Orange Juice Pre-K: 331 Corn Muffin
	Pre-K: 342 Cheerios	Pre-K: 330 Blueberry Muffin	FIE-N. 343 NICE CHEX	Fie-N. 300 Fiain Dayer	Fie-A. 331 Com Mailin
	NO SCHOOL TODAY	309 Apple Jammer 670 Fresh fruit 659 Watermelon Craisins	334 Cinnamon Toast Crunch Cereal 670 Fresh Fruit 752 Fruit Punch Juice	329 Trix Cereal Bar 670 Fresh Fruit 749 Apple-Cherry Juice	368 Plain Bagel 670 Fresh Fruit 684 Mixed Berry Applesauce
M		Pre-K: 335 Banana Muffin	Pre-K: 368 Plain Bagel	Pre-K: 339 Orange Cranberry Muffin	Pre-K: 347 Cinnamon Chex Cereal
1	325 Cinnamon Chex Cereal 670 Fresh Fruit 749 Apple-Cherry Juice Pre-K: 367 Cinnamon Raisin Bagel	323 Apple Cinnamon Muffin 670 Fresh Fruit 608 Dole Tropical fruit Cup Pre-K: 346 Cinnamon Toast Crunch Cereal	366 Blueberry 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	334 Cinnamon Toast Crunch Cereal 699 Strawberry Cup 750 Apple Juice	369 Pillsbury Berry Blast Mini French Toast 670 Fresh Fruit 659 Watermelon Craisins	304 Cinnamon Bagelfuls 670 Fresh Fruit 749 Apple-Cherry Juice	322 Blueberry Muffin 670 Fresh Fruit 752 Fruit Punch Juice
	Pre-K: 349 Corn Chex Cereal	Pre-K: 330 Blueberry Muffin	Pre-K: 366 Blueberry Bagel	Pre-K: 345 Honey Scooters Cereal	Pre-K: 331 Corn Chex Cereal

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.