



OCTOBER 2021

Middle & High School

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, all items are pork-free.

Monday

Tuesday

Wednesday

Thursday

Friday



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323 Apple Cinnamon Muffin **4**
 445 Mott's Fruit Punch Juice
 608 Dole Tropical Fruit Cup

369 Pillsbury Berry Blast Mini French Toast **5**
 684 Mixed Berry Applesauce
 658 Cherry Craisins

334 Cinnamon Toast Crunch Cereal **6**
 446 Mott's Apple Juice
 645 Dole Pineapple Cup

313 Rebel Apple Delight Crumble **7**
 659 Watermelon Craisins
 691 Strawberry Apple Crisps

329 Trix Cereal Bar **8**
 447 Mott's Apple White Grape Juice
 684 Mixed Berry Applesauce

325 Cinnamon Chex Cup **11**
 446 Mott's Apple Juice
 608 Dole Tropical Fruit Cup

328 Chocolate Chip Muffin **12**
 691 Strawberry Apple Crisps
 684 Mixed Berry Applesauce

366 Blueberry Bagel **13**
 445 Mott's Fruit Punch Juice
 659 Watermelon Craisins

333 Blueberry Chex **14**
 447 Mott's Apple White Grape Juice
 684 Mixed Berry Applesauce

319 Orange Cranberry Muffin **15**
 645 Dole Pineapple Cup
 690 Apple Crisps

359 Honey Scooters Cereal **18**
 445 Mott's Fruit Punch Juice
 609 Dole Mixed Fruit Cup

322 Blueberry Muffin **19**
 446 Mott's Apple Juice
 690 Apple Crisps

369 Pillsbury Berry Blast Mini French Toast **20**
 684 Mixed Berry Applesauce
 659 Watermelon Craisins

323 Apple Cinnamon Muffin **21**
 447 Mott's Apple White Grape Juice
 645 Dole Pineapple Cup

334 Cinnamon Toast Crunch Cereal **22**
 658 Cherry Craisins
 684 Mixed Berry Applesauce

328 Chocolate Chip Muffin **25**
 446 Mott's Apple Juice
 647 Dole Mandarin Orange Cup

327 Pillsbury Maple Mini Waffles **26**
 447 Mott's Apple White Grape Juice
 645 Dole Pineapple Cup

319 Orange Cranberry Muffin **27**
 697 Bagged Sliced Apples
 659 Watermelon Craisins

325 Cinnamon Chex Cup **28**
 445 Mott's Fruit Punch Juice
 684 Mixed Berry Applesauce

329 Trix Cereal Bar **29**
 658 Cherry Craisins
 691 Strawberry Apple Crisps

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.