





# NOVEMBER 2022

## Elementary and Middle

**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
<p><b>31</b></p> <p>French Toast Sticks (HOT)                      Orange Juice                      Dole Mandarin Orange Cup</p>	<p><b>1</b></p> <p>Granola with Cinnamon &amp; Blueberry Yogurt                      Apple Cherry Juice                      Fresh Fruit</p>	<p><b>2</b></p> <p>Apple Cinnamon Toast (HOT)                      Fruit Punch Juice                      Watermelon Craisins</p>	<p><b>3</b></p> <p>Strawberry Mini Bagel (HOT)                      Grape Juice                      Fresh Fruit</p>	<p><b>4</b></p> <p>Orange Cranberry Muffin                      Apple Juice                      Apple Crisps</p>
<p><b>7</b></p> <p>Strawberry Banana Yogurt                      Fruit Punch Juice                      Dole Mixed Fruit Cup</p>	<p><b>8</b></p> <p>Egg, Cheese &amp; Turkey Sausage Breakfast Wrap (HOT)                      Apple Cherry Juice                      Fresh Fruit</p>	<p><b>9</b></p> <p>Granola with Cinnamon &amp; Strawberry Banana Yogurt                      Watermelon Craisins                      Fruit Punch Juice</p>	<p><b>10</b></p> <p><b>Asynchronous Day</b>  <b>Parent Conferences</b>  <b>No School for Students</b></p>	
<p><b>14</b></p> <p>Berry Blast Mini French Toast                      Orange Juice                      Dole Tropical Fruit Cup</p>	<p><b>15</b></p> <p>Chocolate Chip Muffin                      Apple Cherry Juice                      Fresh Fruit</p>	<p><b>16</b></p> <p>Strawberry Mini Bagel (HOT)                      Fruit Punch Juice                      Watermelon Craisins</p>	<p><b>17</b></p> <p>Orange Cranberry Muffin                      Grape Juice                      Bagged Sliced Apples</p>	<p><b>18</b></p> <p><b>Asynchronous Day</b>  <b>Professional Development</b>  <b>No School for Students</b></p>
<p><b>21</b></p> <p>Cocoa Puffs Cereal                      Fresh Fruit                      Fruit Punch Juice</p>	<p><b>22</b></p> <p>Blueberry Muffin                      Orange Juice                      Strawberry Craisins</p>	<p><b>23</b></p> <p></p>		<p><b>25</b></p> <p></p>
<p><b>28</b></p> <p>Cinnamon Chex Cereal                      Apple Cherry Juice                      Dole Mandarin Oranges</p>	<p><b>29</b></p> <p>Pillsbury Maple Mini Waffles                      Apple Juice                      Fresh Fruit</p>	<p><b>30</b></p> <p>Egg, Cheese &amp; Turkey Sausage Wrap (HOT)                      Fruit Punch Juice                      Watermelon Craisins</p>	<p><b>1</b></p> <p>Honey Scooters                      Grape Juice                      Fresh Fruit</p>	<p><b>2</b></p> <p><b>Asynchronous Day</b>  <b>Professional Development</b>  <b>No School for Students</b></p>



**Happy Thanksgiving!**  
 School Closed  
 10/23 – 10/25

**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, 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.