



JANUARY 2023

Elementary & 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



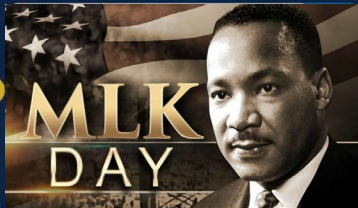
9
 Chocolate Chip Muffin
 Dole Orange Gello Bowl
 Strawberry Craisins

10
 Egg & Cheese Turkey Sausage
 Breakfast Wrap
 Fresh Fruit
 Fruit Punch Juice

11
 Blueberry Bagel
 Mixed Berry Applesauce
 Bagged Sliced Apples

12
 Berry Blast Mini French Toast
 Fresh Fruit
 Apple Juice

13
***Asynchronous Day/
 Professional Development
 No School for Students***



17
 Blueberry Chex Cereal
 Strawberry Apple Crisps
 Fresh Fruit

18
 Turkey Sausage Breakfast Pizza
 (HOT)
 Dole Strawberry Gello Bowl
 Cherry Craisins

19
 Apple Frudel (HOT)
 Mixed Berry Applesauce
 Grape Juice

20
 Blueberry Muffin
 Fresh Fruit
 Apple Cherry Juice

23
 Strawberry Mini Bagel (HOT)
 Grape Juice
 Strawberry Craisins

24
 Apple Cinnamon Muffin
 Dole Orange Gello Bowl
 Fresh Fruit

25
 Egg & Cheese Turkey Sausage
 Breakfast Wrap
 Apple Cherry Juice
 Mixed Berry Applesauce

26
 Chocolate Chip Muffin
 Apple Juice
 Dole Tropical Fruit Cup

27
***Parent Conferences/
 Professional Development
 No School for Students***

30
 Banana Muffin
 Apple Cherry Juice
 Fresh Fruit

31
 Apple Cinnamon Oatmeal (HOT)
 Apple Juice
 Watermelon Craisins



1
 Blueberry Bagel
 Fruit Punch Juice
 Fresh Fruit

2
 Pillsbury Maple Mini Waffles
 Orange Juice
 Mixed Berry Applesauce

3
 French Toast Sticks
 Dole Strawberry Gello Bowl
 Fresh Fruit

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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.