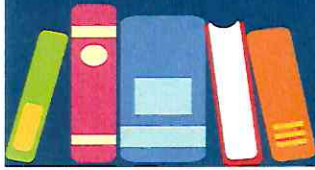


MIDDLE & HIGH SCHOOL BREAKFAST

September 2024



Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>316 Eggo Maple Mini Pancakes OR 307 Cherry Baked Feudal</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 386 Frosted Flakes BK Kit 334 Cinnamon Toast Crunch Cereal</p>	<p>3</p> <p>316 Eggo Maple Mini Pancakes OR 307 Cherry Baked Feudal</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 386 Frosted Flakes BK Kit 334 Cinnamon Toast Crunch Cereal</p>	<p>4</p> <p>328 Chocolate Chip Muffin OR 311 Apple Jacks Pouch</p> <p>670 Fresh Fruit 658 Cherry Craisins Alt: 386 Frosted Flakes BK Kit 334 Cinnamon Toast Crunch Cereal</p>	<p>5</p> <p>369 Mini French Toast Berry Blast OR 315 Apple Cinnamon Toast</p> <p>697 Bagged Apple Slices 446 Mott's Apple Juice Alt: 386 Frosted Flakes BK Kit 334 Cinnamon Toast Crunch Cereal</p>	<p>6</p> <p>329 Honey Cheerios Cereal OR 922 Granola w/ Cinnamon & 134 Cherry Vanilla Yogurt</p> <p>670 Fresh Fruit 684 Mixed Berry Applesauce Alt: 386 Frosted Flakes BK Kit 334 Cinnamon Toast Crunch Cereal</p>
<p>9</p> <p>317 Confetti Mini Pancake OR 262 Turkey Sausage Breakfast Pizza</p> <p>670 Fresh Fruit 658 Cherry Craisins Alt: 387 Fruit Loops BK Kit 328 Chocolate Chip Muffin</p>	<p>10</p> <p>319 Orange Cranberry Muffin OR 310 Frosted Flakes Pouch & 133 Strawberry Banana Yogurt</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 387 Fruit Loops BK Kit 328 Chocolate Chip Muffin</p>	<p>11</p> <p>334 Cinnamon Toast Crunch Cereal OR 306 Apple Baked Frudel</p> <p>670 Fresh Fruit 644 Dole Pear Cup Alt: 387 Fruit Loops BK Kit 328 Chocolate Chip Muffin</p>	<p>12</p> <p>308 Strawberry Mini Bagel OR 367 Cinnamon Raisin Bagel</p> <p>670 Fresh Fruit 648 Strawberry Gello Cup Alt: 387 Fruit Loops BK Kit 328 Chocolate Chip Muffin</p>	<p>13</p> <p>323 Apple Cinnamon Muffin OR 352 Cocoa Puff Cereal Bar</p> <p>670 Fresh Fruit 446 Mott's Apple Juice Alt: 387 Fruit Loops BK Kit 328 Chocolate Chip Muffin</p>
<p>16</p> <p>304 Cinnamon Frosted Flakes OR 136 Vanilla Yogurt & 921 Granola</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 381 Chocolate Cherry Granola Bar BK Kit 317 Confetti Mini Pancake</p>	<p>17</p> <p>318 Cinnamon Mini Waffles OR 312 Fruit Loops Cereal Pouch</p> <p>608 Dole Tropical Fruit Punch 670 Fresh Fruit Alt: 381 Chocolate Cherry Granola Bar BK Kit 317 Confetti Mini Pancake</p>	<p>18</p> <p>320 Corn Muffin OR 338 French Toast Sticks</p> <p>670 Fresh Fruit 446 Mott's Apple Juice Alt: 381 Chocolate Cherry Granola Bar BK Kit 317 Confetti Mini Pancake</p>	<p>19</p> <p>351 Cinnamon Toast Crunch Cereal Bar OR 368 Plain Bagel</p> <p>657 Strawberry Craisins 670 Fresh Fruit Alt: 381 Chocolate Cherry Granola Bar BK Kit 317 Confetti Mini Pancake</p>	<p>20</p> <p>327 Eggo Maple Waffles OR 302 Turkey Sausage, Egg & Cheese Wrap</p> <p>670 Fresh Fruit 644 Dole Pear Cup Alt: 381 Chocolate Cherry Granola Bar BK Kit 317 Confetti Mini Pancake</p>
<p>23</p> <p>316 Eggo Maple Mini Pancakes OR 136 Vanilla Yogurt & 337 Raspberry Churro</p> <p>648 Strawberry Gello Cup 670 Fresh Fruit Alt: 385 Trix BK Kit 320 Corn Muffin</p>	<p>24</p> <p>325 Cinnamon Chex Cup Cereal OR 239 Chicken Sausage & Cheese Waffle</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 385 Trix BK Kit 320 Corn Muffin</p>	<p>25</p> <p>369 Mini French Toast Berry Blast OR 321 Banana Muffin</p> <p>654 Raspberry Lemonade Craisins 670 Fresh Fruit Alt: 385 Trix BK Kit 320 Corn Muffin</p>	<p>26</p> <p>322 Blueberry Muffin OR 306 Apple Baked Frudel</p> <p>670 Fresh Fruit 446 Mott's Apple Juice Alt: 385 Trix BK Kit 320 Corn Muffin</p>	<p>27</p> <p>352 Cocoa Puffs Cereal Bar OR 366 Blueberry Bagel</p> <p>670 Fresh Fruit 750 Apple Juice Alt: 385 Trix BK Kit 320 Corn Muffin</p>

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



Scan the QR Code for the NDS Color Wheel! These colors will help you identify what food group each item belongs to!

Nutritional Development Services
Archdiocese of Philadelphia
222 N 17th St, Philadelphia, PA 19103
215-895-3470, option 1




HIGH SCHOOL HOT LUNCH

September 2024



Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>215 Taco Stick OR 221 Two Cheese Chicken Quesadilla</p> <p>620 Salsa 625 Corn 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostito Scoops</p>	<p>3</p> <p>215 Taco Stick OR 221 Two Cheese Chicken Quesadilla</p> <p>620 Salsa 625 Corn 445 Mott's Fruit Punch Juice 670 Fresh Fruit 941 Tostito Scoops</p>	<p>4</p> <p>206 French Toast w. Sausage OR 269 Pizza Calzone V</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 684 Mixed Berry Applesauce 670 Fresh Fruit 928 Goldfish Pretzels</p>	<p>5</p> <p>202 Cheeseburger w. Bun OR 286 Penne w. Meat Sauce & Cheese Veggies & 909 Dinner Roll OR 229 Turkey Ham & Cheese Croissant 611 Bagged Carrots 631 Cherry Star Vegetable Juice 543 Red Pepper Hummus 609 Dole Mixed Fruit Cup 446 Mott's Apple Juice</p>	<p>6</p> <p>268 French Bread Cheese Pizza V OR 208 Mini Corn Dogs OR 230 Turkey & Mozzarella on Flatbread</p> <p>708 Spinach & Romaine Salad w. Chickpeas 633 Sunset Sip Vegetable Juice 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch</p>
<p>9</p> <p>272 Buffalo Chicken Calzone OR 225 Ciabatta Cheese Melt V OR 233 Rotisserie Chicken & Mozzarella on Brioche Bun</p> <p>620 Salsa 631 Cherry Star Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>10</p> <p>257 Mozzarella Sticks V OR 204 Chicken Nuggets</p> <p>623 Tater Tots 633 Sunset Sip Vegetable Juice 697 Bagged Apple Slices 693 Raspberry Lemonade Sidekick 927 Cheddar Goldfish</p>	<p>11</p> <p>217 Spicy Grilled Cheese V OR 226 Philly Cheese Steak Pinwheel OR 227 Turkey Ham, Turkey Pepp & Cheese Sub</p> <p>611 Bagged Carrots 630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 670 Fresh Fruit 657 Strawberry Craisins</p>	<p>12</p> <p>207 Cheese Ravioli V & 903 Maple Biscuit OR 255 Pizzaboli</p> <p>706 Romaine Salad w. Cherry Tomatoes 625 Corn 670 Fresh Fruit OR 682 Bananas 446 Mott's Apple Juice 931 Cinamon Bug Bites</p>	<p>13</p> <p>281 Popcorn Chicken w/ Roasted Potatoes OR 263 Round Cheese Pizza V</p> <p>621 Celery 632 Wango Mango Vegetable Juice 541 Chocolate Brownie Hummus 648 Strawberry Gello Cups 670 Fresh Fruit 929 Chocolate Tiger Bites</p>
<p>16</p> <p>205 Popcorn Chicken OR 218 Mozzarella Pinwheel V</p> <p>623 Tater Tots 630 Dragon Punch Vegetable Juice 546 Cheesy Pizza Hummus 650 Strawberry Banana Smoothie Bowl 670 Fresh Fruit 930 Cheez-Its</p>	<p>17</p> <p>271 Cheeseburger Calzone & 625 Corn & 988 Cinnamon Graham Crackers OR 288 Mac & Cheese w. Broccoli V & 909 Dinner Rolls</p> <p>633 Sunset Sip Vegetable Juice 670 Fresh Fruit 657 Strawberry Craisins 932 Cinamon Scooby Snacks</p>	<p>18</p> <p>223 Veggie Pinwheel V OR 203 Mini Pepperoni Calzone OR 238 Chicken, Turkey Pepp & Cheese Croissant</p> <p>611 Bagged Carrots 632 Wango Mango Vegetable Juice 543 Red Pepper Hummus 670 Fresh Fruit 446 Mott's Apple Juice</p>	<p>19</p> <p>264 4x6 Cheese Pizza V OR 283 Chicken Tenders w/ Corn OR 404 Italian Combo Wrap</p> <p>708 Spinach & Romaine Salad w. Chickpeas 670 Fresh Fruit OR 682 Bananas 445 Mott's Fruit Punch Juice 937 Apple Cinnamon Bear Grahams</p>	<p>20</p> <p>210 Cheese Stuffed Breadsticks V & 622 Marinara Sauce OR 216 Spicy Taco Stick & 620 Salsa</p> <p>602 PA Dutch Potato Salad 634 Ruby Rusher Vegetable Juice 644 Dole Pear Cup 670 Fresh Fruit 941 Tostito Scoops</p>
<p>23</p> <p>280 Hamburger w/ Green Beans & 915 Hamburger Bun OR 269 Pizza Calzone V OR 230 Turkey & Mozzarella on Flatbread</p> <p>611 Bagged Carrots 543 Red Pepper Hummus 633 Sunset Sip Vegetable Juice 651 Mango Pineapple Smoothie Bowl 670 Fresh Fruit</p>	<p>24</p> <p>219 Turkey Pepperoni Pinwheel OR 257 Mozzarella Sticks V</p> <p>622 Marinara Sauce 630 Dragon Punch Vegetable Juice 670 Fresh Fruit 445 Mott's Fruit Punch Juice</p>	<p>25</p> <p>209 Taco Meat & 941 Tostito Scoops OR 215 Taco Stick & 915 Hamburger Bun OR 236 Turkey & Two Cheese Wedge</p> <p>620 Salsa 632 Wango Mango Vegetable Juice 541 Chocolate Brownie Hummus 670 Fresh Fruit 659 Watermelon Craisins 941 Tostito Scoops</p>	<p>26</p> <p>268 French Bread Pizza V OR 263 5" Round Cheese Pizza V</p> <p>708 Romaine Salad w. Cherry Tomatoes 670 Fresh Fruit OR 682 Bananas 684 Mixed Berry Applesauce</p>	<p>27</p> <p>204 Chicken Nuggets OR 206 French Toast w. Sausage</p> <p>623 Tater Tots 634 Ruby Rusher Vegetable Juice 670 Fresh Fruit 446 Mott's Apple Juice 990 Chocolate Chip Cookie</p>

V = Vegetarian Options

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