

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>HAPPY LABOR DAY ***</p>	<p>3</p> <p>Frosted Flakes BK Kit</p>	<p>4</p> <p>Chocolate Chip Muffin</p> <p>Fruit Punch Juice Cherry Craisins</p>	<p>5</p> <p>Apple Cinnamon Toast</p> <p>Bagged Apple Slices Apple Cherry Juice</p>	<p>6</p> <p>Honey Cheerios Cereal</p> <p>Fresh Fruit Orange Juice</p>
<p>9</p> <p>Confetti Mini Pancake</p> <p>Fruit Punch Juice Cherry Craisins</p>	<p>10</p> <p>Orange Cranberry Muffin</p> <p>Fresh Fruit Grape Juice</p>	<p>11</p> <p>Cinnamon Toast Crunch Cereal</p> <p>Apple Juice Dole Pear Cup</p>	<p>12</p> <p>Cinnamon Raisin Bagel</p> <p>Fresh Fruit Orange Juice</p>	<p>13</p> <p>Fruit Loops BK Kit</p>
<p>16</p> <p>Cinnamon Frosted Flakes</p> <p>Fresh Fruit Apple Juice</p>	<p>17</p> <p>Cinnamon Mini Waffles</p> <p>Dole Tropical Fruit Punch Orange Juice</p>	<p>18</p> <p>French Toast Sticks</p> <p>Fresh Fruit Apple Cherry Juice</p>	<p>19</p> <p>Plain Bagel</p> <p>Strawberry Craisins Grape Juice</p>	<p>20</p> <p>Turkey Sausage, Egg & Cheese Wrap</p> <p>Fresh Fruit Fruit Punch Juice</p>
<p>23</p> <p><u>Staff PD</u></p> <p><u>No School for Students</u></p>	<p>24</p> <p>Chicken Sausage & Cheese Waffle</p> <p>Fresh Fruit Orange Juice</p>	<p>25</p> <p>Banana Muffin</p> <p>Raspberry Lemonade Craisins Grape Juice</p>	<p>26</p> <p>Apple Baked Frudel</p> <p>Fresh Fruit Fruit Punch Juice</p>	<p>27</p> <p>Trix BK Kit</p>

V= Vegetarian Options

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
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