



# BREAKFAST

## Elementary



# NOVEMBER 2018

"Bite into a healthy lifestyle"—Winning slogan by Natalie Cardillo, grade 5  
From St. Monica School

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

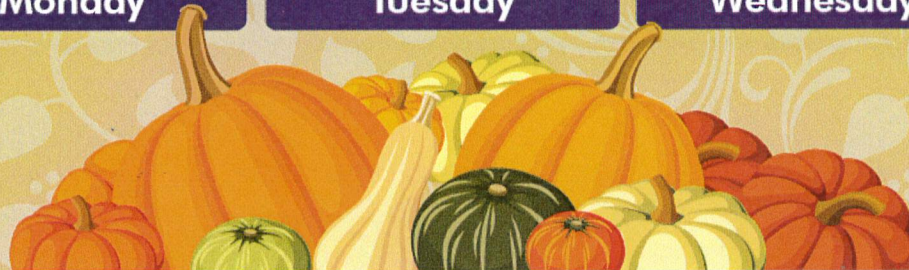
### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



327 Pillsbury Maple Mini Waffles **5**  
OR  
338 French Toast Sticks  
609 Dole Mixed Fruit Cup  
749 Apple-Cherry Juice

Pre K: 346 Cinnamon Toast Crunch

334 Cinnamon Toast Crunch **6**  
OR  
403 Egg & Cheese on a Bagel  
670 Fresh Fruit  
749 Apple-Cherry Juice

Pre K: 339 Orange Cranberry Muffin

350 Apple Cinnamon Cheerios Cereal Bar **7**  
OR  
368 Plain Bagel  
670 Fresh Fruit  
748 Grape Juice

Pre K: 342 Cheerios

304 Cinnamon Bagelfuls **8**  
OR  
319 Orange Cranberry Muffin  
612 Sliced Apples & Grapes  
753 Orange Juice

Pre K: 366 Blueberry Bagel

313 Rebel Apple Delight Crumble **9**  
OR  
307 Cherry Baked Frudel  
670 Fresh Fruit  
750 Apple Juice

Pre K: 332 Apple Cinnamon Muffin

304 Cinnamon Bagelfuls **12**  
OR  
328 Chocolate Chip Muffin  
670 Fresh Fruit  
749 Apple-Cherry Juice

Pre K: 349 Corn Chex

306 Apple Baked Frudel **13**  
OR  
366 Blueberry Bagel  
689 Orange Mango Applesauce  
752 Fruit Punch Juice

Pre K: 330 Blueberry Muffin

334 Cinnamon Toast Crunch **14**  
OR  
362 Raisin Bran  
670 Fresh Fruit  
608 Dole Tropical Fruit Cup

Pre K: 343 Rice Chex

336 Pillsbury Strawberry Pancakes **15**  
OR  
367 Cinnamon Raisin Bagel  
670 Fresh Fruit  
750 Apple Juice

Pre K: 339 Orange Cranberry Muffin

329 Trix Cereal Bar **16**  
OR  
319 Orange Cranberry Muffin  
696 Raisins  
753 Orange Juice

Pre K: 331 Corn Muffin

323 Apple Cinnamon Muffin **19**  
OR  
327 Pillsbury Maple Mini Waffles  
752 Fruit Punch Juice  
670 Fresh Fruit

Pre-K: 347 Alpha Bits

334 Cinnamon Toast Crunch **20**  
OR  
359 Honey Scooters  
749 Apple-Cherry Juice  
689 Orange Mango Applesauce

Pre-K: 335 Banana Muffin

307 Cherry Baked Frudel **21**  
OR  
313 Rebel Apple Delight Crumbles  
753 Orange Juice  
647 Dole Mandarin Orange Cup

Pre-K: 332 Apple Cinnamon Muffin

**Happy Thanksgiving 22**

**Happy Thanksgiving 23**

315 Apple Cinnamon Toast **26**  
OR  
322 Blueberry Muffin  
689 Orange Mango Applesauce  
752 Fruit Punch Juice

Pre K: 367 Cinnamon Raisin Bagel

367 Cinnamon Raisin Bagel **27**  
OR  
334 Cinnamon Toast Crunch  
696 Raisins  
749 Apple-Cherry Juice

Pre K: 346 Cinnamon Toast Crunch

350 Apple Cinnamon Cheerios Cereal Bar **28**  
OR  
311 Cheese Omelet on Pita  
609 Dole Mixed Fruit Cup  
748 Grape Juice

Pre K: 332 Apple Cinnamon Muffin

308 Strawberry Mini Bagel **29**  
OR  
328 Chocolate Chip Muffin  
670 Fresh Fruit  
750 Apple Juice

Pre K: 343 Rice Chex

304 Cinnamon Bagelfuls **30**  
OR  
338 French Toast Sticks  
670 Fresh Fruit  
753 Orange Juice

Pre K: 330 Blueberry Muffin

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

Pre-K students receive one serving of fruit, no juice, and only unflavored milk at breakfast.