

# 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><b>2</b></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><b>3</b></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><b>4</b></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><b>5</b></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><b>6</b></p> <p>329 Honey Cheerios Cereal OR 922 Granola w/ Cinnamon &amp; 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><b>9</b></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><b>10</b></p> <p>319 Orange Cranberry Muffin OR 310 Frosted Flakes Pouch &amp; 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><b>11</b></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><b>12</b></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><b>13</b></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><b>16</b></p> <p>304 Cinnamon Frosted Flakes OR 136 Vanilla Yogurt &amp; 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><b>17</b></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><b>18</b></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><b>19</b></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><b>20</b></p> <p>327 Eggo Maple Waffles OR 302 Turkey Sausage, Egg &amp; 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><b>23</b></p> <p>316 Eggo Maple Mini Pancakes OR 136 Vanilla Yogurt &amp; 337 Raspberry Churro</p> <p>648 Strawberry Gello Cup 670 Fresh Fruit Alt: 385 Trix BK Kit 320 Corn Muffin</p>	<p><b>24</b></p> <p>325 Cinnamon Chex Cup Cereal OR 239 Chicken Sausage &amp; Cheese Waffle</p> <p>670 Fresh Fruit 445 Mott's Fruit Punch Juice Alt: 385 Trix BK Kit 320 Corn Muffin</p>	<p><b>25</b></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><b>26</b></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><b>27</b></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!

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Archdiocese of Philadelphia  
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