

BREAKFAST

Elementary



OCTOBER 2018

"Eat healthy and fly like the Eagles!"—Winning slogan by Nolan McCarthy, grade 5
From St. Peter the Apostle School

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cinnamon Toast Crunch Apple-Cherry Juice Fresh Fruit	2 Chocolate Chip Muffin Dole Tropical Fruit Cup Fruit Punch Juice	3 Strawberry Mini Bagel Raisins Orange Juice	4 Trix Cereal Bar Fresh Fruit Apple Juice	5 Cinnamon Raisin Bagel Bagged Sliced Apples Grape Juice
8 Pillsbury Maple Mini Waffles Dole Mixed Fruit Cup Apple-Cherry Juice	9 Cinnamon Toast Crunch Fresh Fruit Fruit Punch Juice	10 Apple-Cinnamon Cheerios Fresh Fruit Grape Juice	11 Orange Cranberry Muffin Bagged Apples & Grapes Orange Juice	12 Rebel Ventures Apple Delight Crumble Fresh Fruit Apple Juice
15 Chocolate Chip Muffin Fresh Fruit Apple-Cherry Juice	16 Blueberry Bagel Orange Mango Applesauce Fruit Punch Juice	17 Cinnamon Toast Crunch Fresh Fruit Dole Tropical Fruit Cup	18 Cinnamon Raisin Bagel Fresh Fruit Apple Juice	19 Trix Cereal Bar Raisins Orange Juice
22 Apple Cinnamon Muffin Fresh Fruit Fruit Punch Juice	23 Cinnamon Toast Crunch Orange Mango Applesauce Apple-Cherry Juice	24 Rebel Ventures Apple Delight Crumble Dole Mandarin Orange Cup Orange Juice	25 Banana Muffin Fresh Fruit Apple Juice	26 Plain Bagel Fresh Fruit Raisins
29 Blueberry Muffin Orange Mango Applesauce Fruit Punch Juice	30 Cinnamon Toast Crunch Fresh Fruit Apple-Cherry Juice	31 Apple Cinnamon Cheerios Cereal Bar 570 Fresh Fruit 748 Grape Juice	1 Chocolate Chip Muffin Dole Mixed Fruit Cup Apple Juice	2 Cinnamon Bagel/rolls Fresh Fruit Orange Juice

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.

*Prek students may receive one serving of fruit and no juice at breakfast.