



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
<p>334 Cinnamon Toast Crunch OR 309 Apple Jammer 749 Apple-Cherry Juice 670 Fresh Fruit</p> <p>1</p> <p>Pre K: 346 Cinnamon Toast Crunch</p>	<p>328 Chocolate Chip Muffin OR 304 Cinnamon Bagelfuls 608 Dole Tropical Fruit Cup 752 Fruit Punch Juice</p> <p>2</p> <p>Pre K: 339 Orange Cranberry Muffin</p>	<p>370 Apple Fruit Pocket OR 308 Strawberry Mini Bagel 696 Raisins 753 Orange Juice</p> <p>3</p> <p>Pre K: 369 Pillsbury Berry Blast Mini French Toast</p>	<p>329 Trix Cereal Bar OR 140 Turkey Ham & Cheese Croissant Sandwich 670 Fresh Fruit 750 Apple Juice</p> <p>4</p> <p>Pre K: 342 Cheerios</p>	<p>367 Cinnamon Raisin Bagel OR 323 Apple Cinnamon Muffin 697 Bagged Sliced Apples 748 Grape Juice</p> <p>5</p> <p>Pre K: 330 Blueberry Muffin</p>
<p>327 Pillsbury Maple Mini Waffles OR 338 French Toast Sticks 609 Dole Mixed Fruit Cup 749 Apple-Cherry Juice</p> <p>8</p> <p>Pre K: 349 Corn Chex</p>	<p>334: Cinnamon Toast Crunch OR 403 Egg & Cheese on a Bagel 670 Fresh Fruit 752 Fruit Punch Juice</p> <p>9</p> <p>Pre K: 332 Apple Cinnamon Muffin</p>	<p>350 Apple-Cinnamon Cheerios OR 368 Plain Bagel 670 Fresh Fruit 748 Grape Juice</p> <p>10</p> <p>Pre K: 343 Rice Chex</p>	<p>304 Cinnamon Bagelfuls OR 319 Orange Cranberry Muffin 612 Bagged Apples & Grapes 753 Orange Juice</p> <p>11</p> <p>Pre K: Blueberry Bagel</p>	<p>313 Rebel Ventures Apple Delight Crumble OR 307 Cherry Baked Frudel 670 Fresh Fruit 750 Apple Juice</p> <p>12</p> <p>Pre K: 331 Corn Muffin</p>
<p>304 Cinnamon Bagelfuls OR 328 Chocolate Chip Muffin 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p>15</p> <p>Pre K: 347 Alpha Bits</p>	<p>306 Apple Baked Frudel OR 366 Blueberry Bagel 689 Orange Mango Applesauce 752 Fruit Punch Juice</p> <p>16</p> <p>Pre K: 335 Banana Muffin</p>	<p>334 Cinnamon Toast Crunch OR 362 Raisin Bran 670 Fresh Fruit 608 Dole Tropical Fruit Cup</p> <p>17</p> <p>Pre K: 306 Apple Baked Frudel</p>	<p>336 Pillsbury Strawberry Splash Pancakes OR 367 Cinnamon Raisin Bagel 670 Fresh Fruit 750 Apple Juice</p> <p>18</p> <p>Pre K: 339 Orange Cranberry Muffin</p>	<p>329 Trix Cereal Bar OR 319 Orange Cranberry Muffin 696 Raisins 753 Orange Juice</p> <p>19</p> <p>Pre K: 345 Honey Scooters</p>
<p>323 Apple Cinnamon Muffin OR 327 Pillsbury Maple Mini Waffles 670 Fresh Fruit 752 Fruit Punch Juice</p> <p>22</p> <p>Pre K: 340 Sweet Potato Muffin</p>	<p>334 Cinnamon Toast Crunch OR 359 Honey Scooters 689 Orange Mango Applesauce 749 Apple-Cherry Juice</p> <p>23</p> <p>Pre K: 346 Cinnamon Toast Crunch</p>	<p>307 Cherry Baked Frudel OR 313 Rebel Ventures Apple Delight Crumble 647 Dole Mandarin Orange Cup 753 Orange Juice</p> <p>24</p> <p>Pre K: 332 Apple Cinnamon Muffin</p>	<p>321 Banana Muffin OR 369 Pillsbury Berry Blast Mini French Toast 670 Fresh Fruit 750 Apple Juice</p> <p>25</p> <p>Pre K: 339 Orange Cranberry Muffin</p>	<p>368 Plain Bagel OR 303 Egg & Cheese with Turkey Bacon on Toast 670 Fresh Fruit 696 Raisins</p> <p>26</p> <p>Pre K: 330 Blueberry Muffin</p>
<p>315 Apple Cinnamon Toast OR 322 Blueberry Muffin 689 Orange Mango Applesauce 752 Fruit Punch Juice</p> <p>29</p> <p>Pre K: 342 Cheerios</p>	<p>367 Cinnamon Raisin Bagel OR 334 Cinnamon Toast Crunch 670 Fresh Fruit 749 Apple-Cherry Juice</p> <p>30</p> <p>Pre K: 369 Pillsbury Berry Blast Mini French Toast</p>	<p>350 Apple Cinnamon Cheerios Cereal Bar 311 Cheese Omelet on Pita 670 Fresh Fruit 748 Grape Juice</p> <p>31</p> <p>Pre K: 347 Alpha Bits</p>	<p>308 Strawberry Mini Bagel OR 328 Chocolate Chip Muffin 609 Dole Mixed Fruit Cup 750 Apple Juice</p> <p>1</p> <p>Pre K: 335 Banana Muffin</p>	<p>304 Cinnamon Bagelfuls OR 338 French Toast Sticks 670 Fresh Fruit 753 Orange Juice</p> <p>2</p> <p>Pre K: 345 Honey Scooters</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, 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 supplies 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.