



# BREAKFAST



# JANUARY 2023

## Saint Francis of Assisi 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, all items are pork-free.

Monday

Tuesday

Wednesday

Thursday

Friday

## HAPPY NEW YEAR!

328 Chocolate Chip Muffin  
649 Dole Orange Gello Bowl  
657 Strawberry Craisins **9**

369 Berry Blast Mini French Toast  
670 Fresh Fruit  
752 Fruit Punch Juice  
  
Pre-K: 335 Banana Muffin **10**

329 Trix Cereal Bar  
OR  
366 Blueberry Bagel  
684 Mixed Berry Applesauce  
697 Bagged Sliced Apples **11**

334 Cinnamon Toast Crunch Cereal  
670 Fresh Fruit  
750 Apple Juice **12**

321 Banana Muffin  
670 Fresh Fruit  
608 Dole Tropical Fruit Cup **13**

**NO SCHOOL**  
**Martin Luther**  
**King Jr.** **16**

333 Blueberry Chex Cereal  
OR  
922 Cinnamon Granola &  
136 Vanilla Yogurt  
691 Strawberry Apple Crisps  
670 Fresh Fruit **17**

387 Fruit Loops Breakfast Kit **18**

324 Cocoa Puffs Cereal  
684 Mixed Berry Applesauce  
748 Grape Juice **19**

322 Blueberry Muffin OR  
333 Blueberry Chex Cereal OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
670 Fresh Fruit  
749 Apple Cherry Juice **20**

334 Cinnamon Toast Crunch Cereal  
748 Grape Juice  
657 Strawberry Craisins **23**

323 Apple Cinnamon Muffin  
649 Dole Orange Gello Bowl  
670 Fresh Fruit **24**

369 Berry Blast Mini French Toast  
749 Apple Cherry Juice  
684 Mixed Berry Applesauce **25**

328 Chocolate Chip Muffin  
750 Apple Juice  
608 Dole Tropical Fruit Cup **26**

324 Cocoa Puffs Cereal  
753 Orange Juice  
670 Fresh Fruit **27**

321 Banana Muffin OR  
922 Granola with Cinnamon &  
134 Cherry Vanilla Yogurt  
749 Apple Cherry Juice  
670 Fresh Fruit **30**

334 Cinnamon Toast Crunch Cereal  
750 Apple Juice  
659 Watermelon Craisins **31**

308 Strawberry Mini Bagel  
752 Fruit Punch Juice  
670 Fresh Fruit **1**

327 Pillsbury Maple Mini Waffles  
753 Orange Juice  
684 Mixed Berry Applesauce **2**

359 Honey Scooters Cereal  
OR  
922 Granola with Cinnamon &  
134 Cherry Vanilla Yogurt  
648 Dole Strawberry Gello Bowl  
670 Fresh Fruit **3**

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