



BREAKFAST



NOVEMBER 2022 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

325 Cinnamon Chex Cup
753 Orange Juice
647 Dole Mandarin Orange Cup

31

GO PHILLIES!

Tuesday

**NO SCHOOL
All Saints' Day**

GO PHILLIES!

Wednesday

387 Fruit Loops Breakfast Kit

2

GO PHILLIES!

Thursday

324 Cocoa Puffs Cereal
748 Grape Juice
670 Fresh Fruit

3

334 Cinnamon Toast Crunch Cereal
748 Grape Juice
697 Bagged Sliced Apples

10

Friday

359 Honey Scooters Cereal
OR
922 Granola with Cinnamon &
138 Blueberry yogurt
750 Apple Juice
690 Apple Crisps

4

GO PHILLIES!

368 Plain Bagel
752 Fruit Punch Juice
609 Dole Mixed Fruit Cup

7

328 Chocolate Chip Muffin
749 Apple Cherry Juice
670 Fresh Fruit

8

367 Cinnamon Raisin Bagel
OR
922 Granola with Cinnamon &
133 Strawberry Banana Yogurt
659 Watermelon Craisins
752 Fruit Punch Juice

9

324 Cocoa Puffs Cereal
748 Grape Juice
697 Bagged Sliced Apples

17

**NO CARES
Evening
Parent/Teacher
Conferences**

323 Apple Cinnamon Muffin
322 Blueberry Muffin
750 Apple Juice
690 Apple Crisps

11

334 Cinnamon Toast Crunch Cereal
753 Orange Juice
608 Dole Tropical Fruit Cup

14

328 Chocolate Chip Muffin
749 Apple Cherry Juice
670 Fresh Fruit

15

327 Pillsbury Maple Mini Waffles
752 Fruit Punch Juice
659 Watermelon Craisins

16

**NO SCHOOL
Parent/Teacher
Conferences**

18

324 Cocoa Puffs Cereal
OR
922 Granola with Cinnamon &
136 Vanilla Yogurt
670 Fresh Fruit
752 Fruit Punch Juice

21

322 Blueberry Muffin
753 Orange Juice
657 Strawberry Craisins

22

School Picture Day

**NO SCHOOL
Thanksgiving
Break**

23

**NO SCHOOL
Happy
Thanksgiving!**

24



25

325 Cinnamon Chex Cereal
OR
922 Granola with Cinnamon &
137 Peach Yogurt
749 Apple Cherry Juice
647 Dole Mandarin Oranges

28

327 Pillsbury Maple Mini Waffles
750 Apple Juice
670 Fresh Fruit

29

319 Orange Cranberry Muffin
752 Fruit Punch Juice
659 Watermelon Craisins

30

359 Honey Scooters
OR
922 Granola with Yogurt &
137 Peach Yogurt
748 Grape Juice
670 Fresh Fruit

1

329 Trix Cereal Bar
753 Orange Juice
691 Strawberry Apple Crisps

2

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