

**BREAKFAST**



**OCTOBER 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**

333 Blueberry Chex  
753 Orange Juice  
608 Dole Tropical Fruit Cup

**3**

**Tuesday**

328 Chocolate Chip Muffin  
OR  
922 Granola with Cinnamon &  
133 Strawberry- Banana Yogurt  
749 Apple Cherry Juice  
670 Fresh Fruit

**4**

**Wednesday**

387 Fruit Loops/Trix  
Breakfast Cereal Kit

**5**

**Thursday**

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

**6**

**Friday**

319 Orange Cranberry Muffin  
322 Blueberry Muffin  
750 Apple Juice  
690 Apple Crisps

**7**

**Monday**

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

**10**

**Tuesday**

328 Chocolate Chip Muffin  
749 Apple Cherry Juice  
670 Fresh Fruit

**11**

**Wednesday**

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

**12**

**Thursday**

388 Honey Bunches of  
Oats Breakfast Cereal Kit

**13**

**Friday**

329 Trix Cereal Bar  
OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
750 Apple Juice  
690 Apple Crisps

**14**

**Monday**

333 Blueberry Chex Cup  
752 Fruit Punch Juice  
670 Fresh Fruit

**17**

**Tuesday**

322 Blueberry Muffin  
OR  
922 Granola with Cinnamon &  
137 Peach Yogurt  
753 Orange Juice  
657 Strawberry Craisins

**18**

**Wednesday**

369 Pillsbury Berry Blast Mini  
Toast  
750 Apple Juice  
670 Fresh Fruit

**19**

**Thursday**

323 Apple Cinnamon Muffin  
749 Apple Cherry Juice  
645 Dole Pineapple Cup

**20**

**Friday**

324 Cocoa Puffs Cereal  
748 Grape Juice  
670 Fresh Fruit

**21**

**Early Dismissal Day**  
**11:00 A.M.**

**Monday**

**NO  
SCHOOL**

**24**

**Tuesday**

327 Pillsbury Maple Mini Waffles  
750 Apple Juice  
697 Bagged Sliced Apples

**25**

**Wednesday**

319 Orange Cranberry Muffin  
752 Fruit Punch Juice  
659 Watermelon Craisins

**26**

**Thursday**

359 Honey Scooters  
748 Grape Juice  
670 Fresh Fruit

**27**

**Friday**

329 Trix Cereal Bar  
OR  
922 Granola with Cinnamon &  
136 Vanilla Yogurt  
753 Orange Juice  
691 Strawberry Apple Crisps

**28**

**Monday**



**31**

**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.