



SEPTEMBER

Breakfast



SCHOOL DISTRICT OF PHILADELPHIA

Monday	Tuesday	Wednesday	Thursday	Friday
September 2, 2019	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
LABOR DAY	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Craisins Orange Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup CHOCOLATE CHIP LOAF ^ Pear Cup Apple Juice 1% White Milk Fat Free Chocolate Milk	BREAKFAST BURRITO ^ Taco Sauce STRAWBERRY BANANA YOGURT Granola ^ Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ CHEERIOS ^ Animal Grahams ^ Fresh Banana Grape Juice 1% White Milk Fat Free Chocolate Milk
September 9, 2019	September 10, 2019	September 11, 2019	September 12, 2019	September 13, 2019
WAFFLES ^ Syrup RICE CHEX ^ Vanilla Waffle Square ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	CHICKEN BISCUIT ^ Honey VANILLA YOGURT Granola ^ Diced Peaches Grape Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup CINNAMON TOAST CRUNCH ^ Maple Breakfast Square ^ Diced Pears Apple Juice 1% White Milk Fat Free Chocolate Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
BREAKFAST BURRITO ^ Taco Sauce RASPBERRY YOGURT Granola ^ Diced Peaches Orange Juice 1% White Milk Fat Free Chocolate Milk	1% White Milk Fat Free Chocolate Milk PANCAKES ^ Syrup PUMPKIN LOAF ^ Diced Pears Blended Fruit Juice	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ MULTI GRAIN CHEERIOS ^ Strawberry Pancake Square ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	WAFFLES ^ Syrup MOZZARELLA CHEESE STICK Apple Breakfast Bar ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk Taco Sauce	EGG & CHEESE BAGEL ^ APPLE DELIGHT CRUMBLE Applesauce Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
September 23, 2019	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
1% White Milk Fat Free Chocolate Milk CHICKEN BISCUIT ^ Honey STRAWBERRY YOGURT Granola ^ Diced Pears Orange Juice	EGG & CHEESE ON AN ENGLISH MUFFIN MOZZARELLA CHEESE STICK Cherry Breakfast Bar ^ Diced Peaches Apple Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ PEACH LOAF ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	FRENCH TOAST STICKS ^ Syrup CORN CHEX ^ Maple Breakfast Square ^ Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	NO SCHOOL
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
NO SCHOOL				

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

www.preferredmeals.com



Nutritional Information: SCHOOL DISTRICT OF PHILADELPHIA

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-02-2019	LABOR DAY	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-03-2019	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Craisins	110	0	0	0	0	0	28	3	24	0	0	0	0	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-04-2019	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CHOCOLATE CHIP LOAF ^	307	10	2	0	0	311	53	3	22	5	0	0	50	1	G/B:2sv WG
	Pear Cup	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0		
09-05-2019	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	STRAWBERRY BANANA YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0		
09-06-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	CHEERIOS ^	100	2	0	0	0	140	20	3	1	3	10	6	10	8	G/B:1sv WG
	Animal Grahams ^	120	4	0	0	0	55	20	2	6	2	0	0	113	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-09-2019	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	RICE CHEX ^	100	0	0	0	0	250	24	1	2	2	100	6	100	9	G/B:1sv WG
	Vanilla Waffle Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-10-2019	CHICKEN BISCUIT ^	265	9	2	0	12	545	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	VANILLA YOGURT	80	0	0	0	5	60	16	0	13	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-11-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-12-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	LEMON LOAF ^	255	6	0	0	0	367	49	3	19	5	0	1	82	1	G/B:2.25sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-13-2019	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CINNAMON TOAST CRUNCH ^	110	3	0	0	0	160	22	3	6	1	120	5	200	4	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-16-2019	BREAKFAST BURRITO ^	185	8	3	0	73	333	22	2	3	10	26	0	94	2	MMA:1oz G/B:1.25sv WG
	Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0	
	RASPBERRY YOGURT	80	0	0	0	0	65	15	0	12	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-17-2019	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	PUMPKIN LOAF ^	295	8	1	0	0	392	55	3	29	4	361	1	64	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
09-18-2019	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	202	7	3	0	28	390	24	2	2	11	30	0	174	1	MMA:1oz G/B:1.75sv WG
	MULTI GRAIN CHEERIOS^	100	1	0	0	0	115	23	2	6	2	100	5	8	7	G/B:1sv WG
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-19-2019	WAFFLES ^	140	5	0	0	0	190	22	0	2	4	0	0	0	1	G/B:2sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Apple Breakfast Bar ^	170	6	1	0	0	55	26	2	9	3	0	0	20	1	G/B:1sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
Taco Sauce	5	0	0	0	0	55	1	0	0	0	20	0	0	0		
09-20-2019	EGG & CHEESE BAGEL ^	257	7	2	0	110	430	37	3	2	14	34	15	132	2	MMA:1oz G/B:2sv WG
	APPLE DELIGHT CRUMBLE	280	7	2	0	40	340	53	4	28	6	30	0	40	2	G/B:2sv WG F:1/2c
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-23-2019	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
	CHICKEN BISCUIT ^	265	9	2	0	12	545	34	4	5	10	0	48	120	2	MMA:1oz G/B:2.25sv WG
	Honey	25	0	0	0	0	0	7	0	7	0	0	0	0	0	
	STRAWBERRY YOGURT	70	0	0	0	5	60	14	0	10	4	0	0	150	0	MMA:1oz
	Granola ^	130	4	0	0	0	30	20	2	6	3	0	0	12	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c
	Orange Juice	60	0	0	0	0	0	14	0	12	0	0	60	0	0	F:1/2c

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	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
09-24-2019	EGG & CHEESE ON AN ENGLISH MUFFIN	212	8	3	0	115	295	25	2	2	11	64	0	191	1	MMA:1.5oz G/B:2sv WG
	MOZZARELLA CHEESE STICK	90	7	5	0	20	200	0	0	0	7	72	0	200	0	MMA:1oz
	Cherry Breakfast Bar ^	170	6	2	0	0	60	27	2	9	3	0	0	0	1	G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c
	Apple Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-25-2019	BEEF SAUSAGE SLIDER ^	177	9	3	0	21	234	14	1	1	10	0	0	17	2	MMA:1oz G/B:1sv WG
	PEACH LOAF ^	243	8	1	0	0	321	42	3	13	4	0	1	55	1	G/B:2sv WG
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	10	14	0	13	0	0	4	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-26-2019	FRENCH TOAST STICKS ^	260	8	1	0	10	290	42	2	14	6	0	0	20	1	G/B:2.25sv WG
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	CORN CHEX ^	100	0	0	0	0	200	24	1	3	2	150	80	80	7	G/B:1sv WG
	Maple Breakfast Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Grape Juice	60	0	0	0	0	15	14	0	13	0	0	0	0	0	F:1/2c
	1% White Milk	109	2	2	0	9	128	13	0	12	8	148	2	296	0	
	Fat Free Chocolate Milk	120	0	0	0	5	200	22	0	21	8	100	2	300	0	
09-27-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-30-2019	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
 Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other