



SEPTEMBER

Breakfast

SCHOOL DISTRICT OF PHILADELPHIA

Monday	Tuesday	Wednesday	Thursday	Friday
September 3, 2018	September 4, 2018	September 5, 2018	September 6, 2018	September 7, 2018
LABOR DAY	PANCAKES ^ Syrup CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE ON AN ENGLISH MUFFIN STRING CHEESE Apple Breakfast Bar ^ Pear Cup Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Fresh Banana Grape Juice 1% White Milk Fat Free Chocolate Milk	SCRAMBLED EGGS STRAWBERRY YOGURT Maple Breakfast Square Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
September 10, 2018	September 11, 2018	September 12, 2018	September 13, 2018	September 14, 2018
NO SCHOOL	WAFFLES ^ Syrup RICE CHEX ^ Vanilla Waffle Square Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	BREAKFAST BURRITO ^ Taco Sauce RASPBERRY YOGURT Granola ^ Diced Peaches Apple Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE BAGEL ^ STRING CHEESE Cherry Breakfast Bar ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ APPLE DELIGHT CRUMBLE Fresh Banana Grape Juice 1% White Milk Fat Free Chocolate Milk
September 17, 2018	September 18, 2018	September 19, 2018	September 20, 2018	September 21, 2018
BEEF SAUSAGE SLIDER ^ LEMON LOAF ^ Pear Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	SCRAMBLED EGGS STRAWBERRY YOGURT Maple Breakfast Square Sliced Apples Grape Juice 1% White Milk Fat Free Chocolate Milk	NO SCHOOL	EGG & CHEESE ON AN ENGLISH MUFFIN STRING CHEESE Apple Breakfast Bar ^ Fresh Banana Apple Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Diced Peaches Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk
September 24, 2018	September 25, 2018	September 26, 2018	September 27, 2018	September 28, 2018
BREAKFAST BURRITO ^ Taco Sauce RASPBERRY YOGURT Granola ^ Applesauce Cup Orange Juice 1% White Milk Fat Free Chocolate Milk	WAFFLES ^ Syrup CHEERIOS ^ Vanilla Waffle Square ^ Pear Cup Apple Juice 1% White Milk Fat Free Chocolate Milk	PANCAKES ^ Syrup CINNAMON TOAST CRUNCH ^ Strawberry Pancake Square ^ Sliced Apples Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^ APPLE DELIGHT CRUMBLE Diced Peaches Grape Juice 1% White Milk Fat Free Chocolate Milk	EGG & CHEESE BAGEL ^ STRING CHEESE Cherry Breakfast Bar ^ Fresh Banana Blended Fruit Juice 1% White Milk Fat Free Chocolate Milk

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.

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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
09-11-2018	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	56	0	0	0	0	1	13	0	10	1	27	48	11	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	
09-12-2018	BREAKFAST BURRITO ^	221	9	3	0	76	418	26	3	3	10	43	0	134	2	MMA:1oz G/B:1.75sv 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	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Apple Juice	50	0	0	0	0	10	13	0	12	0	0	1	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	
09-13-2018	EGG & CHEESE BAGEL ^	267	8	3	0	115	430	37	3	2	13	64	15	132	2	
	STRING CHEESE	80	6	4	0	15	200	0	0	0	7	0	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
	Sliced Apples	30	0	0	0	0	0	7	1	6	0	0	21	20	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	15	14	0	15	0	0	1	20	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	
09-14-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	212	7	3	0	28	540	25	4	2	11	60	0	175	2	MMA:1oz G/B:1.75sv 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
	Fresh Banana	105	0	0	0	0	1	27	3	14	1	23	10	6	0	F:1/2c
	Grape Juice	80	0	0	0	0	20	19	0	18	0	0	1	20	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	
09-17-2018	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 ^	265	6	0	0	0	367	50	3	19	5	0	1	85	2	G/B:2.25sv WG
	Pear Cup	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	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	

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
09-18-2018	SCRAMBLED EGGS	48	3	1	0	113	125	1	0	1	4	39	0	19	0	MMA:1oz
	STRAWBERRY YOGURT	80	0	0	0	5	65	16	0	13	4	0	0	150	0	MMA:1oz
	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	80	0	0	0	0	20	19	0	18	0	0	1	20	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	
09-19-2018	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
09-20-2018	EGG & CHEESE ON AN ENGLISH MUFFIN	222	8	3	0	115	445	26	4	2	11	94	0	192	2	MMA:1.5oz G/B:2sv WG
	STRING CHEESE	80	6	4	0	15	200	0	0	0	7	0	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	50	0	0	0	0	10	13	0	12	0	0	1	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	
09-21-2018	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv 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
	Strawberry Pancake Square ^	110	4	1	0	0	40	17	1	5	2	0	0	0	0	G/B:1sv WG
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Blended Fruit Juice	60	0	0	0	0	15	14	0	15	0	0	1	20	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	
09-24-2018	BREAKFAST BURRITO ^	221	9	3	0	76	418	26	3	3	10	43	0	134	2	MMA:1oz G/B:1.75sv 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
	Applesauce Cup	51	0	0	0	0	2	14	1	12	0	1	1	5	0	F:1/2c
	Orange Juice	56	0	0	0	0	1	13	0	10	1	27	48	11	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
09-25-2018	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	
	CHEERIOS ^	100	2	0	0	0	140	20	3	1	3	10	6	10	8	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
	Pear Cup	66	0	0	0	0	6	16	2	12	2	0	1	6	0	F:1/2c
	Apple Juice	50	0	0	0	0	10	13	0	12	0	0	1	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	
09-26-2018	PANCAKES ^	144	2	0	0	5	272	29	4	7	4	3	0	100	1	G/B:2sv 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
	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
	Blended Fruit Juice	60	0	0	0	0	15	14	0	15	0	0	1	20	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	
09-27-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	212	7	3	0	28	540	25	4	2	11	60	0	175	2	MMA:1oz G/B:1.75sv 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
	Diced Peaches	62	0	0	0	0	6	15	1	13	2	18	2	4	0	F:1/2c
	Grape Juice	80	0	0	0	0	20	19	0	18	0	0	1	20	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	
09-28-2018	EGG & CHEESE BAGEL ^	267	8	3	0	115	430	37	3	2	13	64	15	132	2	
	STRING CHEESE	80	6	4	0	15	200	0	0	0	7	0	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	15	14	0	15	0	0	1	20	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	

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

Allergen Information: SCHOOL DISTRICT OF PHILADELPHIA

ALLERGEN WARNING: This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-11-2018	WAFFLES	X	X					X	X
	Syrup								
	RICE CHEX ^								
	Vanilla Waffle Square		X					X	X
	Applesauce Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-12-2018	BREAKFAST BURRITO ^	X	X					X	X
	Taco Sauce								
	RASPBERRY YOGURT	X							
	Granola ^								
	Diced Peaches								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-13-2018	EGG & CHEESE BAGEL ^	X	X					X	X
	STRING CHEESE	X							
	Cherry Breakfast Bar ^							X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-14-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	APPLE DELIGHT CRUMBLE	X	X					X	X
	Fresh Banana								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-17-2018	BEEF SAUSAGE SLIDER ^							X	X
	LEMON LOAF ^								X
	Pear Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-18-2018	SCRAMBLED EGGS	X	X					X	
	STRAWBERRY YOGURT	X							
	Maple Breakfast Square		X					X	X
	Sliced Apples								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-19-2018	NO SCHOOL								
09-20-2018	EGG & CHEESE ON AN ENGLISH MUFFIN	X	X					X	X
	STRING CHEESE	X							
	Apple Breakfast Bar ^							X	X
	Fresh Banana								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-21-2018	PANCAKES ^	X	X					X	X
	Syrup								
	CINNAMON TOAST CRUNCH ^							X	X
	Strawberry Pancake Square ^		X					X	X
	Diced Peaches								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-24-2018	BREAKFAST BURRITO ^	X	X					X	X
	Taco Sauce								
	RASPBERRY YOGURT	X							
	Granola ^								
	Applesauce Cup								
	Orange Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							

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	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
09-25-2018	WAFFLES ^	X	X					X	X
	Syrup								
	CHEERIOS ^								
	Vanilla Waffle Square ^		X					X	X
	Pear Cup								
	Apple Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-26-2018	PANCAKES ^	X	X					X	X
	Syrup								
	CINNAMON TOAST CRUNCH ^							X	X
	Strawberry Pancake Square ^		X					X	X
	Sliced Apples								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-27-2018	TURKEY HAM & CHEESE ON ENGLISH MUFFIN ^	X						X	X
	APPLE DELIGHT CRUMBLE	X	X					X	X
	Diced Peaches								
	Grape Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							
09-28-2018	EGG & CHEESE BAGEL ^	X	X					X	X
	STRING CHEESE	X							
	Cherry Breakfast Bar ^							X	X
	Fresh Banana								
	Blended Fruit Juice								
	1% White Milk	X							
	Fat Free Chocolate Milk	X							