



St Francis Children's Center Breakfast Menu October - 2022

Monday	Tuesday	Wednesday	Thursday	Friday
October 3	October 4	October 5	October 6	October 7
Rice Krispies Cereal Grapes Milk	Maple Brown Sugar Oatmeal Peaches in 100% Fruit Juice Milk	Strawberry yogurt Blueberries Milk	WW Raisin Bread Grape Jelly Organic Mangos Milk	English Muffin Cream Cheese Blueberries Milk
October 10	October 11	October 12	October 13	October 14
Blueberry Cheerios Pineapple in 100% Fruit Juice Milk	Pancake Sugar Free Syrup Turkey Sausage Mandarin Oranges Milk	Croissant Colby Jack Cheese Bananas Milk	Cheddar Cheese Omelet Turkey Sausage Organic Berry Blend Milk	Maple Brown Sugar Oatmeal Apple Milk
October 17	October 18	October 19	October 20	October 21
Cheerios/Corn Flacks Applesauce Milk	Soft Tortilla Colby Jack Cheese and Turkey Peaches in 100% fruit Juice Milk	Vanilla Yogurt Grapes Milk	Waffle Sugar Free Syrup Applesauce Milk	Bagel Colby Jack Cheese and Turkey Banana Milk
October 24	October 25	October 26	October 27	October 28
Rice Krispies Cereal Pineapple in 100% Fruit juice Milk	Cheddar Cheese Omelet Turkey Sausage Organic Mango Milk	WW Bread Grape Jelly Mandarin Oranges Milk	Closed	Closed
October 31				
Blueberry Cheerios Organic berry Blend Milk				

WG = Whole Grain, WW = Whole Wheat

Milk and water served with every meal. Fresh fruit & vegetables are subject to change based upon availability and quality.

Lunches are prepared & delivered to our kitchen by: Delicious by Quality Catering, Lake Villa, IL.2

For a full listing of ingredients, visit <https://choosedelicious.com>. St. Francis Children's Center maintains a nut free kitchen and uses only nut free food items. The factories from which food items are ordered acknowledge nut free food items may be processed in machinery used to process food items that do contain nuts.

Please email Megan Millan, SFCC Food Coordinator, at mmillan@sfckids.org for questions or feedbacks about our menus.



St Francis Children's Center Lunch Menu October –2022

Monday	Tuesday	Wednesday	Thursday	Friday
October 3	October 4	October 5	October 6	October 7
Cheesy Baked Beef Mostaccioli Diced Carrots Applesauce WG Bread Milk	Chicken Nuggets HM Ketchup Mashed Potatoes Broccoli Banana WG Bread Milk	Chicken Nachos Shredded Cheddar Cheese Sour Cream Green Beans Fresh Carrot Coins Ranch Dressing Mixed Mellon WG Corn Tortilla Chips Milk	Chicken Fried Rice Cauliflower Orange WG Bread Milk	Macaroni and Cheese Green Peas Tossed Salad Italian Dressing Apple WG Bread Milk
October 10	October 11	October 12	October 13	October 14
BBQ Chicken Baked Sweet Potato Fries Diced Carrots Oranges WG Bun Milk	Macaroni and Cheese Brussel Sprouts Banana WG Bread Milk	Turkey w/ Country Gravy Mashed Potatoes Roasted Green Beans Fresh Coins Ranch dressing Honeydew WG Corn Bread Milk	Chicken Cheesesteak Mozzarella Cheese Brown Rice Cauliflower Apple Hoagie Bun Milk	WG Cheese Pizza Broccoli Cucumber Slices Italian Dressing Mixed Melon Milk
October 17	October 18	October 19	October 20	October 21
Cheesy backed Beef Mostaccioli Sauteed Cabbage Orange WG Bread Milk	Chicken Chop Suey Steamed Rice Green Peas Banana WG Dinner Roll Milk	WG Beef Quesadilla Cauliflower Fresh Broccoli Italian Dressing Pear Milk	Egg Fritata w/Turkey Ham WG Pancakes Syrup Butternut Squash Strawberry Applesauce Milk	Cheeseburger Casserole Roasted Vegetables Cucumber Slices Ranch Dressing Mixed Melon WG Bread Milk
October 24	October 25	October 26	October 27	October 28
Fiesta Chicken Stemmed Rice Peas & Carrots WG Corn Tortilla Chips Milk	Chicken Cacciatore Penne Pasta Green Beans Banana WG Dinner Roll Milk	Macaroni & Cheese Diced Carrots South West Bean Salad Pear WG Bread Milk	Closed	Closed
October 31				
Pesto Pasta with Chicken Diced Carrots Applesauce Milk				

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St Francis Children's Center Snack Menu October –2022

Monday	Tuesday	Wednesday	Thursday	Friday
October 3	October 4	October 5	October 6	October 7
Organic String Cheese Peaches in 100% Fruit Juice Water	Ritz Crackers Fresh Strawberries Water	Cheddar rice cakes Cucumber Ranch Water	Nabisco Graham Crackers (No Honey) 100% fruit leathers Water	Lemon Cranberry Muffins Water
October 10	October 11	October 12	October 13	October 14
Cheez -it Crackers Banana Water	Goldfish Crackers Grapes Water	Apple Soy Butter Craisins Water	Ritz Crackers Humus Water	Blueberry Muffins Water
October 17	October 18	October 19	October 20	October 21
WW Animal Crackers Fresh Strawberries Water	Nabisco Graham Crackers (No Honey) Cucumbers Water	Ritz Crackers Colby Jack Cheese Water	Cheddar rice Cakes Raisins Water	Apple Cinnamon Muffin Water
October 24	October 25	October 26	October 27	October 28
Cinnamon Raisin Bread Soy Butter Water	Organic string Cheese Veggie Straws Water	Cheddar Cheese Apples Water	Closed	Closed
October 31				
Cheez- it Crackers Turkey Water				

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Milk and water served with every meal. Fresh fruit & vegetables are subject to change based upon availability and quality.

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