




St Francis Children's Center Breakfast Menu – September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			September 1	September 2
			Cheddar Cheese Omelet Turkey Sausage Applesauce Milk	Croissant Colby Jack Cheese and Turkey Mandarin Oranges Milk
September 5	September 6	September 7	September 8	September 9
 Labor Day! School Closed!	Rice Krispies Cereal Peaches in 100% Fruit Juice Milk	Nonfat Greek Vanilla Yogurt Blueberries Milk	WW Bread New! Blueberry Spread Organic Mangos Milk	Soft Tortilla Colby Jack Cheese and Turkey Organic Berry Blend Milk
September 12	September 13	September 14	September 15	September 16
Cheerios/Corn Flakes Pears in 100% Fruit Juice Milk	Maple and Brown Sugar Oatmeal Applesauce Milk	Cheddar Cheese Omelet Turkey Sausage Organic Berry Blend Milk	Waffle Sugar Free Syrup Peaches in 100% Fruit Juice Milk	Bagel Colby Jack Cheese and Turkey Banana Milk
September 19	September 20	September 21	September 22	September 23
New! Blueberry Cheerios Mandarin Oranges Milk	Strawberry Yogurt Pears in 100% Fruit Juice Milk	Pancake Sugar Free Syrup Turkey Sausage Pineapple in 100% Fruit Juice Milk	WW Raisin Bread Grape Jelly Blueberries Milk	Croissant Colby Jack Cheese and Turkey Organic Mangos Milk
September 26	September 27	September 28	September 29	September 30
Rice Krispies Cereal Pineapple in 100% Fruit Juice Milk	English Muffin Cream Cheese Strawberries Milk	Nonfat Greek Vanilla Yogurt Peaches in 100% Fruit Juice Milk	WW Bread Colby Jack Cheese and Turkey Organic Berry Blend Milk	Maple and Brown Sugar Oatmeal Banana 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://deliciousdaycaremeals.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 Mariamgelly Guadalupe, SFCC Food Coordinator, at mguadalupe@sfcckids.org for questions or feedbacks about our menus.



St Francis Children's Center Lunch Menu – September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			September 1	September 2
			Beef Nachos Shredded Cheddar Cheese Sour Cream Diced Carrots Pear WG Corn Tortilla Chips Milk	Cheesy Chicken and Rice Roasted Peppers Honeydew WG Delicious-Made Dinner Roll Milk
September 5	September 6	September 7	September 8	September 9
 Labor Day! School Closed!	Salisbury Meatballs Penne Pasta Diced Carrots Banana WG Delicious-Made Bread Milk	Cheesy Baked Beef Mostaccioli Roasted Vegetables Orange WG Delicious-Made Bread Milk	Pesto Pasta w/Diced Chicken Green Peas Pear WG Delicious-Made Bread Milk	Cheeseburger Casserole Cauliflower Pineapple WG Delicious-Made Bread Milk
September 12	September 13	September 14	September 15	September 16
BBQ Meatballs Steamed Rice Carrot Mash Orange WG Delicious-Made Bread Milk	Macaroni and Cheese Green Peas Banana WG Delicious-Made Bread Milk	Chicken with Home-Made Marinara Sauce Rotini Pasta Roasted Vegetables Apple WG Delicious-Made Dinner Roll Milk	Chicken Nuggets Home-Made Ketchup Mashed Potatoes Green Beans Pear WG Delicious-Made Bread Milk	Cheese Pizza Broccoli Watermelon Milk
September 19	September 20	September 21	September 22	September 23
Macaroni and Cheese Broccoli Apple WG Delicious-Made Bread Milk	Baked Ziti w/ Chicken Green Peas Banana WG Delicious-Made Bread Milk	Chicken Tacos Shredded Cheddar Cheese Shredded Lettuce Cauliflower Watermelon WG Soft Flour Tortilla Milk	Beef Sloppy Joe Baked French Fries Sautéed Cabbage Cantaloupe WG Delicious-Made Bun Milk	Beef and Cheese Quesadilla Green Beans Orange Milk
September 26	September 27	September 28	September 29	September 30
Cheese Ravioli in Home-Made Marinara Sauce Green Beans Orange WG Delicious-Made Bread Milk	Chicken Lo Mein Broccoli Banana WG Delicious-Made Bread Milk	Diced Chicken and Gravy Mashed Potatoes Green Peas Apple WG Delicious-Made Dinner Roll Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Diced Carrots Pear WG Corn Tortilla Chips Milk	Turkey Pepperoni and Cheese Pizza Roasted Peppers Honeydew 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.

For a full listing of ingredients, visit <https://deliciousdaycaremeals.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 Mariamgelly Guadalupe, SFCC Food Coordinator, at mguadalupe@sfckids.org for questions or feedbacks about our menus.



St Francis Children's Center Snack Menu – September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
			September 1	September 2
			Apple Cinnamon Muffin Milk	Fresh Strawberries Organic String Cheese Milk
September 5	September 6	September 7	September 8	September 9
 Labor Day! School Closed!	Cheddar Rice Cakes Milk	Red or Green Seedless Grapes Organic String Cheese Milk	Banana Raisins Milk	Blueberry Muffin Milk
September 12	September 13	September 14	September 15	September 16
Cheez-it Crackers Milk	100% Fruit Leathers Craisins Milk	Cucumbers Ranch Cheddar Cheese Slices Milk	Ritz Crackers Hummus Milk	Peaches in 100% Fruit Juice Raisins Milk
September 19	September 20	September 21	September 22	September 23
Goldfish Crackers Milk	Fresh Strawberries Raisins Milk	Banana Muffin Milk	Applesauce Craisins Milk	Red or Green Seedless Grapes Organic String Cheese Milk
September 26	September 27	September 28	September 29	September 30
WW Animal Crackers Milk	Apple Soy Butter Craisins Milk	Nabisco Graham Crackers (No Honey) Cheddar Cheese Slices Milk	Cucumbers Ranch Raisins Milk	Lemon Cranberry Muffin 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.

For a full listing of ingredients, visit <https://deliciousdaycaremeals.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 Mariamgelly Guadalupe, SFCC Food Coordinator, at mguadalupe@sfcckids.org for questions or feedbacks about our menu