





St Francis Children's Center Breakfast Menu November - 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	November 1 WW Bread Strawberry Jelly Frozen Blueberries Milk	November 2 Vanilla Yogurt Organic Mango Milk	November 3 Soft Tortilla Coby Jack Cheese and Turkey Applesauce Milk	November 4 Cheddar Cheese Omelet Turkey Sausage Banana Milk
November 7 Cheerios/Corn Flakes Peaches in 100% Fruit Juice Milk	November 8 Bagel Colby Jack Cheese Strawberries Milk	November 9 Pancake Sugar Free Syrup Turkey Sausage Cucumber Milk	November 10 Maple Brown Sugar Oatmeal Bananas Milk	November 11 WW Bread Grape Jelly Grapes Milk
November 14 Blueberry Cheerios Pineapple in 100% Juice Milk	November 15 Waffle Sugar Free Syrup Mandarin Oranges in 100% Fruit Juice Milk	November 16 Strawberry Yogurt Grapes Milk	November 17 English Muffin Grape Jelly Frozen Blueberries Milk	November 18 Organic String Cheese Peaches in 100% Fruit Juice Milk
November 21 Rice Krispies Cereal Pears in 100% Fruit Juice Milk	November 22 Croissant Colby Jack cheese Raspberries Milk	November 23 Apples Soy butter Cheddar Cheese Milk	November 24 	November 25 
November 28 Cheerios/Corn Flakes Peaches in 100% Fruit Juice Milk	November 29 Cheddar Cheese Omelet Turkey Frozen Strawberries Milk	November 30 WW raisin Bread Grape Jelly Apple 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 November –2022

Monday	Tuesday	Wednesday	Thursday	Friday
	November 1	November 2	November 3	November 4
	Chicken Nuggets HM Ketchup Mashed Potatoes Broccoli Banana WG Delicious Made Bread Milk	Chicken Nachos Shredded Cheddar Cheese Sour Cream Green Beans Mixed Melon Milk	Chicken Fried Rice Cauliflower Orange Milk	Macaroni & Cheese Green Peas Apple WG Delicious Made Bread Milk
November 7	November 8	November 9	November 10	November 11
BBQ Pulled Chicken NEW- Baked Sweet Potato Fries Diced Carrots Orange WG delicious-Made Bun Milk	Beef Sloppy Joe Delicious Made Baked Fries Brussel Sprouts Banana Milk	Turkey W/Country Gravy Mashed Potatoes NEW- Roasted Green Beans Honeydew WG Delicious-Made Bread Milk	NEW- Chicken Cheesesteak Mozzarella Cheese Brown Rice Cauliflower Apple Hoagie Bun Milk	Delicious Made WG Cheese Pizza Broccoli Mixed Melon Milk
November 14	November 15	November 16	November 17	November 18
Cheesy Baked Beef Mostaccioli Orange WG Delicious Made Bread Milk	NEW- Chicken Chop Suey Steamed Rice Green Peas Banana WG Delicious Made Dinner Roll Milk	WG Beef Quesadilla Cauliflower Pear Milk	Italian Meatballs in Marinara Rotini Pasta Butternut Squash Strawberry Applesauce WG Delicious- Made Bread Milk	Cheeseburger Casserole Roasted Vegetables Mixed Melon WG Delicious Made Bread Milk
November 21	November 22	November 23	November 24	November 25
BBQ Diced Turkey Steamed Rice Peas And Carrots Applesauce WG Delicious-Made Dinner roll Milk	Chicken Cacciatore Penne Pasta Green Beans Banana WG Delicious Dinner Roll Milk	Macaroni & Cheese Diced Carrots Pear WG Delicious Made Bread Milk		
November 28	November 29	November 30		
Cheesy Backed Beef Mostaccioli Diced Carrots Apple Sauce WG Delicious Made Bread Milk	Chicken Nuggets HM Ketchup Mashed Potatoes Broccoli Banana WG Delicious Made Bread Milk	Turkey Ham Wrap Shredded Lettuce Shredded Cheddar Cheese Green Bean Mixed Melon WG soft Flower Tortilla Milk		

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St Francis Children's Center Snack Menu November –2022

Monday	Tuesday	Wednesday	Thursday	Friday
	November 1 Ritz Crackers Craisins Water	November 2 New- Cheese Pizza Quesadilla Banana Water	November 3 Goldfish Fruit Leather Water	November 4 Blueberry Muffins Water
November 7 Cheddar Rice Cakes Apples Water	November 8 Nabisco Graham Crackers (No Honey) Banana Water	November 9 Ritz Crackers Cheddar Cheese Turkey Water	November 10 Ritz Crackers Humus Water	November 11 Apple Cinnamon Muffins Water
November 14 WW Animal Crackers Frozen Organic Mango Water	November 15 WW Bread Turkey Cheddar Cheese Water	November 16 Cheez- it Crackers Banana Water	November 17 Apple Soy Butter Water	November 18 Lemon Cranberry Muffin Water
November 21 Organic String Cheese Veggie Straws Water	November 22 Cinnamon Raisin Bread Cream Cheese Fresh Strawberries Water	November 23 Goldfish Raisins Water	November 24 	November 25 
November 28 Deli Chicken Colby Jack Cheese Peas Water	November 29 Goldfish Grapes Water	November 30 WW Animal Crackers Applesauce Water		

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