



St Francis Children's Center Breakfast Menu May - 2023

Monday	Tuesday	Wednesday	Thursday	Friday
May 1	May 2	May 3	May 4	May 5
Oatmeal Peaches in 100% Juice Milk	Waffle Sugar Free Syrup Turkey Sausage Strawberries Milk	Vanilla Yogurt Nutri Grain Bars Pear in 100% Fruit Juice Milk	Pancake Sugar Free syrup Turkey Sausage Frozen Strawberries Milk	English Muffin Soy Butter Mandarin Oranges in 100 % Fruit Juice Milk
May 8	May 9	May 10	May 11	May 12
Blueberry Cheerios Frozen Mango Milk	<i>New-</i> Kellogg's Special K Pastry Crisps, Strawberry and Blueberry Peaches in 100% Peach Juice. Milk	Waffle Sugar Free Syrup Turkey Grapes Milk	Bagel Cream Cheese Pineapple in 100% Fruit Milk	Tortilla Cheddar Cheese Turkey Blackberries Milk
May 15	May 16	May 17	May 18	May 19
Corn Flakes / Cheerios Blueberries Milk	Jimmy Deans Biscuit With Pork Sausage Egg And Cheese Blackberries Milk	Pancake Sugar Free Syrup Turkey Sausage Raspberries Milk	Cheddar Cheese Turkey Mandarin Oranges In 100%Fruit Juice Frozen Mango Milk	English Muffin Soy Butter Triple Berry Blend Fruit Milk
May 22	May 23	May 24	May 25	May 26
Rice Krispies Frozen Strawberries Milk	Oatmeal Frozen mango Milk	Bagel Cream Cheese Apples Milk	Strawberry Yogurt Turkey sausage Pineapple In 100% Fruit Juice Milk	Cinnamon Bread Cream Cheese Oranges Milk
May 29	May 30	May 31		
	<i>New</i> – Cinnamon French Toast Sticks Raisins Milk	Fruit Leather String cheese Turkey 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@sfcckids.org for questions or feedbacks about our menus.



St Francis Children's Center Lunch Menu May –2023

Monday	Tuesday	Wednesday	Thursday	Friday
May 1	May 2	May 3	May 4	May 5
WG Chicken Nuggets HM Ketchup Rotini Pasta Green Beans Apple WG Delicious-Made Bread Milk	Delicious-Made Chicken Lo Mein Cauliflower Banana WG Delicious-Made Dinner Rolls Milk	WG Corn Dog Nuggets HM Ketchup Green Peas Oranges Milk	Chicken Tacos Shredded Cheddar Cheese Spanish Rice Brussel Sprouts Pear WG Soft Tortilla Milk	Delicious-Made Mostaccioli Butternut Squash Diced Fresh Fruit WG Delicious-Made Roll Milk
May 8	May 9	May 10	May 11	May 12
Delicious Made Salisbury Steak Mashed Potatoes Peas Apple WG Delicious-Made Bread Milk	Delicious Made Chicken Cacciatore Penne Pasta Roasted green Beans Banana WG Delicious Made Dinner Roll Milk	Beef Nachos Shredded Cheddar Cheese Sour Cream Steamed Rice Diced Carrots Oranges WG Corn Tortilla Chips Milk	Delicious Made Parmesan W/Noodles Broccoli Pear WG Delicious Made Bread Milk	Delicious Made Cheeseburger Casserole Butternut Squash Diced Fresh Fruit WG Delicious Made Roll Milk
May 15	May 16	May 17	May 18	May 19
Pesto Pasta with Chicken Green Peas Apple WG Delicious Made Bread Milk	Delicious Made Chicken Patty HM Ketchup Baked Sliced Potatoes Cauliflower Banana WG Delicious Made Bun Milk	Cheese Quesadilla Steamed White Rice WG Corn Oranges WG Soft Tortilla Milk	Egg Frittata with Turkey -Ham WG Delicious Made French Toast Broccoli Pear Milk	Delicious-Made Three Cheese Pizza Butternut Squash Diced Fresh Fruit Milk
May 22	May 23	May 24	May 25	May 26
Delicious-Made Macaroni and Cheese Diced Carrots Apple WG Delicious Made Bread Milk	Delicious Made BBQ Pulled Chicken <i>New-</i> Rainbow Potatoes Broccoli Banana WG Delicious-Made Bun Milk	Chicken Parmesan Sandwich Rainbow Potatoes Green Beans Orange WG Delicious- Made Bun Milk	Beef Tacos Shredded Cheddar Cheese Spanish Rice Spanish Black Beans Pear WG Soft Flour Tortilla Milk	Delicious-Made Three Cheese Pizza Butternut Squash Diced Fresh Fruit Milk
May 29	May 30	May 31		
	Vegetarian Bean Chili Steamed Rice Cauliflower Banana WG Delicious Made Dinner Roll Milk	Delicious Made Three Cheese Pasta Bake Green Peas Orange WG Delicious Made Bread 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 Snack Menu May –2023


Monday

Tuesday

Wednesday

Thursday

Friday

May 1	May 2	May 3	May 4	May 5
Cheez-Its Craisins Milk	WW Bread Jelly Peaches in 100% Fruit Juice Water	Nabisco Graham Crackers (no Honey) Raspberries Water	Veggie Straws Blueberries Water	Lemon Cranberry Muffin Water
May 8	May 9	May 10	May 11	May 12
Goldfish Cucumber Ranch Water	String Cheese Pineapple In 100% Fruit Juice Water	Veggie Straws Apples Water	Ritz Cracker Turkey Cheddar Jack Cheese Water	Apple Cinnamon Muffins Water
May 15	May 16	May 17	May 18	May 19
Nuti-Grain Bars Raisins Water	Rice Cakes Blueberries Water	Nabisco Graham Crackers (no Honey) Apple Water	Vanilla Yogurt Peaches in 100% Fruit Juice	Blueberry Muffins Water
May 22	May 23	May 24	May 25	May 26
Ritz Crackers Summer Sausage Colby Jack Cheese Blackberries Water	Nabisco Graham Crackers (no Honey) Blueberries	Salsa Chips Water	Goldfish Banana Water	Banana Muffin Water
May 29	May 30	May 31		
 <p>MEMORIAL DAY SCHOOL CLOSED</p>	New- Pirate's Booty Aged white cheddar Puffs Triple Berry Blend Fruit Water	Ritz Crackers Cheddar Cheese Blueberries Water		

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. 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