



St Francis Children's Center Breakfast Menu September - 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				September 1 Strawberry Yogurt Turkey sausage Pineapple In 100% Fruit Juice Milk
September 4	September 5	September 6	September 7	September 7
	Pancake Sugar Free Syrup Turkey Sausage Applesauce Milk	Oatmeal Grapes Milk	Bagel Cream Cheese Pineapple in 100% Fruit Milk	Tortilla Cheddar Cheese Turkey Frozen Mango Milk
September 11	September 12	September 13	September 14	September 15
Oatmeal Turkey Sausage Mandarin Oranges in 100% Fruit Juice Milk	WW Bread Jelly Peaches in 100% fruit Juice Milk	Egg and Cheese Omelet Turkey Pear in 100% Fruit Juice Milk	Pancake Sugar Free Syrup Turkey Sausage Triple Berry blend Milk	Vanilla Yogurt Turkey Sausage Grapes Milk
September 18	September 19	September 20	September 21	September 22
Cheerios/ corn Flakes Pear in 100%Fuit Juice Milk	Bagel Cream Cheese Frozen Mango Milk	WW Bread Jelly Fruit Leather Milk	Jimmy Deans Biscuit With Pork Sausage Egg and Cheddar Cheese Blueberries Milk	English Muffin Jelly Peaches in 100 % Pear Juice Milk
September 25	September 26	September 27	September 28	September 29
Rice Krispy Cereal Strawberries Milk	Tortilla Coby Jack Cheese Turkey Mandarin Oranges in 100% fruit Juice Milk	Cinnamon French Toast Sticks Frozen Strawberries Milk	Waffle Turkey Sausage Banana Milk	Pancake Sugar Free syrup Turkey sausage Grapes

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 September –2023

Monday

Tuesday

Wednesday

Thursday

Friday

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				September 1
				Delicious- Made WG Beef Pepperoni And Cheese Pizza Brussel Sprouts Cucumber Slices Delicious- Made Ranch Dressing Diced Fruit Milk
September 4	September 5	September 6	September 7	September 8
	Beef Taco Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Soft Flour Tortilla Milk	Delicious Made Macaroni and Cheese Roasted Vegetables Cucumber Slices Delicious- Made Ranch Dressing Orange WG Delicious Made Dinner Roll Milk	Delicious Made Chicken Sausage Delicious made WG Pancakes Delicious Made Syrup Baked Sliced Potatoes Pear Milk	Delicious Made Italian Beef Meatballs in Marinara Sauce Spaghetti Noodles Cauliflower Diced Fresh Fruit WG Delicious Made Bread Milk
September 11	September 12	September 13	September 14	September 15
Delicious Made BBQ Beef Meatballs Steamed Rice Carrot Mash Apple WG Delicious- Made Roll Milk	Turkey Ham and Cheese Egg Frittata Delicious-Made WG French Toast Delicious Made Honey Syrup Oven Browned Potatoes Banana Milk	Delicious Made Beefy Meat Sause Rotini Pasta Broccoli Orange WG Delicious Made Bread Milk	New- Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Diced Carrots Pear WG Soft Tortilla Milk	WG Cheese Ravioli In Delicious Made Marinara Sause Green Beans Diced Fresh Fruit WG Delicious Made Bread Milk
September 18	September 19	September 20	September 21	September 22
WG Chicken Nuggets Steamed Rice Green Peas Apple WG Delicious Made Corn Bread Milk	Delicious Made Cheeseburger Casserole Broccoli Banana WG Delicious Made Bread Milk	Beef Meatballs in Gravy Mashed Potatoes Cauliflower Orange WG Delicious Made Dinner Roll Milk	Beef Sloppy Joe Baked French Fries Sautéed Cabbage Pear WG Delicious-Made Bun Milk	Turkey Salami and Swiss Cheese On A Delicious Made sub Bread Baked Sweet Potato Fries Roasted Green Beans Diced Fruit Milk
September 25	September 26	September 27	September 28	September 29
Delicious-Made Cheesy Baked Beef Mostaccioli Corn Apple WG Delicious-Made Dinner Roll Milk	Cheese Quesadilla on WG Soft Flour Tortilla Steamed Rice Broccoli Banana Milk	Delicious Made Macaroni and Cheese Green Peas Orange WG Delicious Made Dinner Roll Milk	WG Chicken Corndog Delicious-Made Ketchup Spanish Rice Diced Carrots Pear Milk	Delicious- Made WG Beef Pepperoni And Cheese Pizza Brussel Sprouts Cucumber Slices Delicious- Made Ranch Dressing Diced Fruit Milk

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Menu Changes will be posted on Procure.



St Francis Children's Center Snack Menu September –2023


Monday

Tuesday

Wednesday

Thursday

Friday

				September 1 Apple Cinnamon Muffins Grapes Water
September 4	September 5	September 6	September 7	September 8
	Ritz Crackers Cheddar Cheese Turkey Water	Summer Sausage Ritz Crackers Coby Jack Cheese Water	Cheese Its Triple Berry Blend Water	Blueberry Muffins Frozen Strawberries Water
September 11	September 12	September 13	September 14	September 15
Goldfish Turkey Water	Nutri Grain Bars String Cheese Water	Rice cakes Blueberries Water	Pirate's Booty Aged white cheddar Puffs Pineapple in 100% Fruit Juice Water	Apple Cinnamon Muffins Blueberries Water
September 18	September 19	September 20	September 21	September 22
WW Bread Soy Butter Pineapple in 100 % Fruit Juice Water	Cheez IT Apples Water	Cinnamon raisin Bread Jelly Mandarin Oranges In 100% Fruit Juice Water	Belvita Snack Pack Strawberries Water	Banana Muffin Apples Water
September 25	September 26	September 27	September 28	September 29
Goldfish Frozen Mango Water	Nabisco Graham Crackers (no Honey) Peaches in 100% Fruit Juice Water	Goldfish Bananas Water	Animal Crackers Raisins Water	Cranberry lemon Muffins Mandarin Oranges in 100% Fruit Water

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