



St. Francis Children's Center Breakfast Menu November - 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1 Tortilla Coby Jack Cheese Turkey Applesauce Milk	November 2 Waffle Turkey sausage Blueberries Milk	November 3 Strawberry Yogurt Turkey sausage Grapes Milk
Novmeber 6 Rice Krispy Cereal Blueberries Milk	Novmeber 7 Bagel Cream Cheese Frozen Strawberries Milk	Novmeber 8 WW Bread Jelly Pineapple In 100% Fruit Juice Milk	Novmeber 9 English Muffin Jelly Peaches in 100 % Pear Juice Milk	Novmeber 10 Cinnamon Bread Soy Butter Frozen Mango Milk
November 13 Oatmeal Turkey Sausage Fruit Leather Milk	November 14 WW Bread Jelly Pear in 100% Fruit Juice Milk	November 15 Waffle Turkey Sausage Banana Milk	November 16 Egg and Cheese Omelet Turkey Pineapple in 100% Fruit Juice Milk	November 17 Tortilla Cheddar Cheese Turkey Frozen Mango Milk
November 20 Cheerios/ corn Flakes Pear in 100%Fuit Juice Milk	November 21 Pancake Sugar Free Syrup Turkey Sausage Blueberries Milk	November 22 Jimmy Deans Biscuit With Pork Sausage Egg and Cheddar Cheese Banana Milk	November 23 	November 24 
November 27 Rice Krispy Cereal Peaches in 100% fruit Juice Milk	November 28 Pancake Sugar Free Syrup Turkey Sausage Triple Berry blend Milk	November 29 Cinnamon French Toast Sticks Pear in 100% Fruit Juice Milk	November 30 Oatmeal Turkey Mandarin Oranges in 100% Fruit Juice 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, atfor questions or feedbacks about our menus.



St Francis Children's Center Lunch Menu November –2023

Monday



Tuesday

Wednesday

Thursday

Friday

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		November 1	November 2	November 3
		Delicious- Made Beef Meat Sause Rotini pasta Broccoli Orange WG Delicious Made Dinner Roll Milk	Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Pear WG Soft Flour Tortilla Milk	WG Cheese Ravioli In Delicious Made Marinara Sause Green Beans WG Delicious Made Bread Milk
November 6	November 7	November 8	November 9	November 10
WG Chicken Nuggets Steamed Rice Green Peas Apple WG Delicious- Made Cornbread Milk	Delicious Made Cheeseburger Casserole Broccoli Banana WG Delicious Made Bread Milk	Delicious Made Chicken Teriyaki Meatballs Steamed Rice Cauliflower Orange WG Made Delicious Made Bread Milk	Beef Sloppy Joes Baked French Fires Sauteed Cabbage Pear WG Delicious Made Bun Milk	Delicious Made Macaroni and Cheese Roasted Green Beans Diced Fruit WG Delicious Made Bread Milk
Novmeber 13	Novmeber 14	Novmeber 15	Novmeber 16	Novmeber 17
Delicious Made Macaroni and Cheese Diced Carrots Apple WG Delicious Made Dinner Roll Milk	Beef Taco Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Soft Flour Milk	Beef Chill Steamed Rice Roasted Vegetables Orange WG Delicious Made Bread Milk	Delicious Made Chicken Sausage Delicious Made WG Pancakes Delicious Made Syrup Baked sliced Potatoes Pear Milk	Delicious- Made Cheese Pizza Cauliflower Diced Fruit Milk
November 20	November 21	November 22	November 23	November 24
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	Salisbury Steak Mashed Potatoes Green Peas Orange WG Delicious Made Dinner Roll Milk		
November 27	November 28	November 29	November 30	
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 Syrup Oven Browned Potatoes Milk	Chicken Cheese Steak Sandwich Mozzarella Cheese Broccoli Oranges Milk	Potato Chicken Taco Shredded Cheddar Cheese Refried Beans Pear WG Soft Flour Tortilla Milk	

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Menu Changes will be posted on Procure.



St Francis Children's Center Snack Menu November –2023

Monday	Tuesday	Wednesday	Thursday	Friday
		November 1 Goldfish Frozen Mango Water	November 2 Summer Sausage Ritz Crackers Coby Jack Cheese Water	November 3 Banana Muffins Mandarin Oranges in 100% Fruit Water
Novmeber 6 Nutri Grain Bars String Cheese Water	Novmeber 7 Ritz Crackers Cheddar Cheese Turkey Water	Novmeber 8 Belvita Snack Pack Blueberries Water	Novmeber 9 Cheese Its Apples Water	Novmeber 10 Blueberry Muffins Frozen Strawberries Water
November 13 Pirate's Booty Aged white cheddar Puffs Pineapple in 100% Fruit Juice Water	November 14 Cheez-It Cucumber Ranch Water	November 15 Rice cakes Strawberries Water	November 16 Nabisco Graham Crackers (no Honey) Mandarin Oranges In 100% Fruit Juice Water	November 17 Apple Cinnamon Muffins Blueberries Water
November 20 WW Bread Soy Butter Raisins Water	November 21 Goldfish Turkey Water	November 22 Cinnamon raisin Bread Jelly Frozen Strawberries Water	November 23 	November 24 
November 27 Goldfish String Cheese Water	November 28 Nabisco Graham Crackers (no Honey) Peaches in 100% Fruit Juice Water	November 29 Animal Crackers Grapes Water	November 30 Salsa Chips Milk	

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