

# OCTOBER 2024



## St Francis Children's Center October Breakfast Menu - 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Oatmeal Pears in 100% fruit juice milk	Cheerios Pineapple in 100% fruit juice milk	White bread Jelly apples	English muffin jelly Mandarin oranges in 100% fruit juice Milk
7	8	9	10	11
Pancake Turkey sausage Peaches in 100% fruit juice Milk	Strawberry yogurt turkey mango chunks Milk	Cinnamon bread Soy butter Triple berry blend Milk	Bagel Soy butter Strawberries Milk	Waffles Turkey sausage Pears Milk
14	15	16	17	18
Croissant Jelly Pears in 100% Fruit Juice Milk	Cheese Omelet Peaches in 100% Fruit Juice Milk	Strawberry yogurt Blueberries Turkey Milk	Cheese Omelet Peaches in 100% Fruit Juice Milk	
21	22	23	24	25
Corn Flakes/ Cheerios Pineapples in 100% fruit juice Milk	WW Bread with Jelly Blueberries Milk	Oatmeal Applesauce Milk	Vanilla yogurt Turkey sausage Grapes Milk	Pancakes Turkey sausage Bananas Milk
28	29	30	31	November 1st
Rice Krispy Cereal Grapes Milk	French toast sticks Triple berry blend Milk	Cinnamon bread Jelly Peaches in 100% fruit juice Milk	English muffin Jelly 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 sent to process food items that do contain nuts.

Please email Tiara Lee, SFCC Food Coordinator, with questions or feedbacks about our menus



## St Francis Children's Center October Lunch Menu - 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	Turkey Ham & Cheese Egg Frittata Delicious-Made WG French Toast Delicious-Made Honey Syrup Oven Browned Potatoes Banana Milk	Crispy Chicken Tender Wrap Shredded Cheddar Cheese Broccoli Orange WG Soft Flour Tortilla Milk	Fish sticks Green beans Pears in 100% fruit Juice white bread Milk	Delicious-Made Pulled BBQ Chicken Rainbow Potatoes Green Beans Diced Fresh Fruit WG Delicious-Made Bun Milk
7	8	9	10	11
Grilled chicken nuggets Peas Pears in 100% fruit juice Wheat bread Milk	Delicious-Made Cheeseburger Casserole Broccoli Banana WG Delicious-Made Wheat Bread Milk	Delicious-Made Chicken Teriyaki Meatballs Steamed Rice Cauliflower Dressing Orange WG Delicious-Made Wheat Bread Milk	Mini corn dogs Green beans Mandarin oranges in 100% fruit juice Wheat bread Milk	Delicious-Made Macaroni & Cheese Roasted Green Beans Diced Fresh Fruit WG Delicious-Made Wheat Bread Milk
14	15	16	17	18
Fish sticks Diced carrots Mashed potatoes Applesauce Wheat bread Milk	Beef Taco Shredded Cheddar Cheese Spanish Black Beans Broccoli Banana WG Soft Flour Tortilla Milk	Delicious-Made Beef Chili Steamed Rice Roasted Vegetables Orange WG Delicious-Made Cornbread Milk	Grilled nuggets Peas Strawberries Wheat bread Milk	
21	22	23	24	25
Mini corn dogs Diced carrots Grapes Wheat bread Milk	Cheese Quesadilla on Soft WG Flour Tortilla Steamed Rice Broccoli Banana Milk	Delicious-Made Macaroni & Cheese Green Peas Orange WG Delicious-Made Wheat Bread Milk	Fish sticks Mashed potatoes Green beans Mango chunks White bread Milk	Delicious-Made WG Beef Pepperoni & Cheese Pizza Brussel sprouts Diced Fresh Fruit Milk
28	29	30	31	November 1st
Grilled chicken nuggets Peas Mandarin oranges White bread Milk	Delicious-Made Italian Chicken Oven Browned Potatoes Green Peas Banana WG Delicious-Made Wheat Bread Milk	Delicious-Made Beefy Meat Sauce Rotini Pasta Broccoli orange WG Delicious-Made Wheat Bread Milk	Mini corn dogs Peas Bananas Wheat bread Milk 	

Grain, WW = Whole Wheat

Milk and water served with every meal. Fresh fruit & vegetables are subject to change based upon availability and quality.

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Please email Tiara Lee, SFCC Food Coordinator, with questions or feedbacks about our menus. Menu Changes will be posted on Procure.

# OCTOBER 2024



## St Francis Children's Center October **Snack** Menu - 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 30	1	2	3	4
	Ritz crackers Colby jack Water	Nutri gain bar Strawberries Water	special k bars mango cubes Water	Blueberry muffin Grapes Water
7	8	9	10	11
Graham crackers Apples Water	Cucumber Ranch Colby jack Pears in 100% fruit Water	Cheez its Pineapple in 100% fruit Water	Goldfish peaches in 100% fruit juice Water	Apple cinnamon muffin Applesauce Water
14	15	16	17	18
Carrrots ranch mandarin oranges Water	Cheez its Pineapple chunks in 100% juice Water	String cheese Peaches in 100 <sup>th</sup> fruit fruit juice Water	Tortillas Cheddar cheese Bananas Water	
21	22	23	24	25
Crasins Apples Water	Animal crackers (ICC graham crackers) Mandin oranges Water	Vaggie straws Cheddar cheese Strawberries Water	Belvita Snack Blueberries Water	Lemon Cran Muffins Mango chunks
28	29	30	31	November 1st
Salsa (jelly for ICC,YT,FF) Chips Tortilla (ICC,YT & FF) Water	Rice cakes Grapes Water	Pirate's booty white cheese puffs Strawberries Water	  Goldfish Pears in 100%fruit juice 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

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