



# DECEMBER 2022

## Saint Francis of Assisi School

### Nutritional Development Services

Menu is subject to change, a variety of low fat or skim milk is offered daily, condiments offered daily, fruit and vegetable juices are 100% juice, grains are whole grain rich, all items are pork-free.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



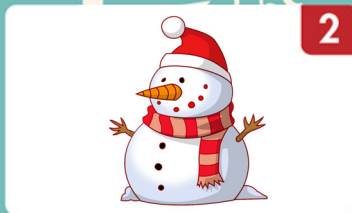
293 Chicken Parmesan with Green Beans  
620 Salsa  
752 Fruit Punch Juice  
941 Tostitos Scoops **5**

209 Rib-B-Que  
634 Hash Browns  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit  
909 Dinner Rolls **6**

256 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
632 Wango Mango Vegetable Juice  
609 Dole Mixed Fruit Cup **7**



268 French Bread Pizza  
611 Bagged Baby Carrots  
546 Cheesy Pizza Hummus  
670 Fresh Fruit **8**



202 Cheeseburger with Bun  
708 Romaine Salad with Spinach & Chickpeas  
670 Fresh Fruit  
990 Chocolate Chip Cookie **9**

273 Swedish Meatballs with Noodles & Broccoli  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
909 Dinner Roll **12**

281 Popcorn Chicken with Roasted Potatoes  
611 Bagged Baby Carrots  
749 Apple Cherry Juice **13**

215 Taco Stick  
228 Turkey Ham & Cheese Sub  
620 Salsa  
630 Dragon Punch Vegetable Juice  
Pineapple Cup  
941 Tostitos Scoops **14**

264 4x6 Cheese Pizza OR  
227 Turkey Ham, Turkey Pepperoni & Cheese Sandwich  
706 Romaine Salad with Cherry Tomatoes  
750 Apple Juice  
992 Oatmeal Cookie **15**

228 Turkey Ham & Cheese Sub  
620 Salsa  
630 Dragon Punch Vegetable Juice  
Pineapple Fruit Cup  
941 Tostitos Scoops **16**

283 Chicken Tenders with Corn  
541 Chocolate Hummus  
685 Rosati Water Ice  
993 Holiday Cookie **19**

297 Chicken & Vegetable Dumplings with Green Beans  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit  
909 Dinner Roll **20**

**Early Dismissal Day**  
**11:00 A.M.** **21**

**NO SCHOOL**  
**Christmas Break** **22**

**NO SCHOOL**  
**Christmas Break** **23**

**NO SCHOOL**  
**Christmas Break**  
**Happy New Year!** **2**

215 Taco Stick  
620 Salsa  
633 Sunset Sip Vegetable Juice  
658 Cherry Craisins  
941 Tostitos Scoops **3**

276 Chicken Teriyaki with Rice & Carrots  
277 Chicken Fajita Bowl with Rice, Black Beans, & Tomatoes  
290 Spanish Rice & Beans with Plantains  
685 Rosati Water Ice  
992 Oatmeal Cookie **4**

288 Mac & Cheese with Broccoli  
540 Garlic Hummus  
670 Fresh Fruit  
942 Sun chips **5**

256 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
633 Sunset Sip Vegetable Juice  
609 Dole Mixed Fruit Cup **6**

**PLEASE READ CAREFULLY.** Parents are strongly advised to review the menu completely to ensure that each of the food items is suitable for their children, and will not trigger an allergic reaction or related illness. The Archdiocese of Philadelphia, Nutritional Development Services, Inc. and your children's school shall not be responsible for any allergic reaction or related illness caused by any food item. Upon request and without charge, Nutritional Development Services will provide parents with information on any food item, which has been provided by the supplies of the food item. To request product information please call (215) 895-3470 during normal business hours.