



# JANUARY 2023

## 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**



281 Popcorn Chicken with Roasted Potatoes  
620 Salsa  
752 Fruit Punch Juice  
941 Tostitos Scoops

**9**

291 Caribbean Pineapple Chicken with Rice & Carrots  
611 Bagged Baby Carrots  
659 Watermelon Craisins  
928 Goldfish Pretzels

**10**

279 Chicken Mole with Rice & Green Peas  
631 Cherry Star Vegetable Juice  
649 Dole Orange Gello Bowl  
909 Dinner Roll

**11**

280 Hamburger with Green Beans  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit  
915 Hamburger Bun

**12**

264 4x6 Cheese Pizza  
706 Romaine Salad with Cherry Tomatoes  
749 Apple Cherry Juice

**13**

**NO SCHOOL  
Martin Luther  
King Jr.**

**16**

225 Ciabatta Cheese Melt  
622 Marinara Sauce  
611 Bagged Baby Carrots  
691 Strawberry Apple Crisps

**17**

253 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
611 Bagged Baby Carrots  
691 Strawberry Apple Crisps

**18**

215 Taco Stick  
620 Salsa  
633 Sunset Sip Vegetable Juice  
608 Dole Tropical Fruit Cup  
941 Tostito Scoops

**19**

263 Round Cheese Pizza  
708 Romaine Salad with Spinach & Chickpeas  
670 Fresh Fruit  
992 Oatmeal Cookie

**20**

288 Mac & Cheese with Broccoli  
631 Cherry Star Vegetable Juice  
670 Fresh Fruit  
909 Dinner Roll

**23**

283 Chicken Fingers with Corn  
611 Bagged Baby Carrots  
749 Apple Cherry Juice

**24**

284 Chicken Alfredo with Penne Pasta & Broccoli  
630 Dragon Punch Vegetable Juice  
684 Mixed Berry Applesauce

**25**

264 4x6 Cheese Pizza  
706 Romaine Salad with Cherry Tomatoes  
740 Apple Juice  
992 Oatmeal Cookie

**26**

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

**27**

293 Parmesan Chicken with Green Beans  
620 Salsa  
752 Fruit Punch Juice  
941 Tostito Scoops

**30**

295 Meatloaf with Mashed Potatoes  
630 Dragon Punch Vegetable Juice  
670 Fresh Fruit  
915 Hamburger Bun

**31**

256 Cheese Stuffed Breadsticks  
622 Marinara Sauce  
632 Wango Mango Vegetable Juice  
648 Dole Strawberry Gello Bowl

**1**

228 Turkey Ham & Cheese Sub  
611 Bagged Baby Carrots  
546 Cheesy Pizza Hummus  
659 Watermelon Craisins  
909 Dinner Roll

**2**

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

**3**

**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 suppliers of the food item. To request product information please call (215) 895-3470 during normal business hours.