



# NOVEMBER 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

285 Grilled Chicken Fingers with Green Beans  
 630 Dragon Punch Vegetable Juice  
 670 Fresh Fruit  
 901 Honey Biscuit  
**GO PHILLIES!**

### Tuesday

**NO SCHOOL**  
**All Saints' Day**  
**GO PHILLIES!**

### Wednesday

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes  
 632 Wango Mango Vegetable Juice  
 690 Apple Crisps  
 932 Cinnamon Scooby Snacks  
**GO PHILLIES!**

### Thursday

276 Teriyaki Chicken with Rice & Carrots  
 752 Fruit Punch Juice  
 903 Maple Biscuits

### Friday

225 Ciabatta Cheese Melt  
 768 Romaine Salad with Cherry Tomatoes  
 670 Fresh Fruit  
 992 Oatmeal Cookie  
**GO PHILLIES!**

283 Chicken Tenders with Corn  
 542 Harvest Pumpkin Hummus  
 670 Fresh Fruit  
 932 Cinnamon Scooby Snacks

286 Penne Pasta with Meat Sauce, Cheese and Italian Vegetable Blend  
 611 Bagged Baby Carrots  
 750 Apple Juice  
 909 Dinner Rolls

215 Taco Stick  
 620 Salsa  
 632 Wango Mango Vegetable Juice  
 670 Fresh Fruit  
 941 Tostitos Scoops

268 French Bread Cheese Pizza  
 708 Romaine Salad with Spinach & Chick Peas  
 670 Fresh Fruit  
 928 Goldfish Pretzels

277 Chicken Fajita Bowl with Rice, Black Beans & Tomatoes  
 630 Dragon Punch Vegetable Juice  
 699 Pineapple Fruiti Fruit

284 Chicken Alfredo with Broccoli  
 611 Bagged Baby Carrots  
 670 Fresh Fruit  
 909 Dinner Rolls

282 BBQ Popcorn Chicken with Sweet Mashed Potatoes  
 632 Wango Mango Vegetable Juice  
 645 Dole Pineapple Cup  
 903 Honey Biscuit

215 Taco Stick  
 620 Salsa  
 632 Wango Mango Vegetable Juice  
 670 Fresh Fruit  
 941 Tostitos Scoops

202 Cheeseburger with Bun  
 604 Baked Beans  
 752 Fruit Punch Juice  
 992 Oatmeal Cookie  
**NO CARES**  
**Evening**  
**Parent/Teacher**  
**Conferences**

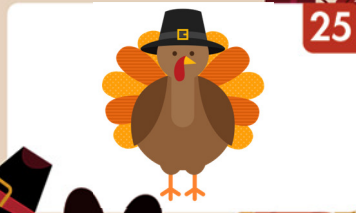
**NO SCHOOL**  
**Parent/Teacher**  
**Conferences**

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

215 Taco Stick  
 620 Salsa  
 630 Dragon Punch Vegetable Juice  
 686 Rosati Water Ice  
 941 Tostitos Scoops  
**School Picture Day**

**NO SCHOOL**  
**Thanksgiving**  
**Break**

**NO SCHOOL**  
**Happy**  
**Thanksgiving!**



277 Chicken Fajita Bowl with Rice, Black Beans & Tomatoes  
 749 Apple Cherry Juice  
 941 Tostitos Scoops

283 Chicken Fingers with Corn  
 631 Cherry Star Vegetable Juice  
 645 Dole Pineapple Cup  
 992 Oatmeal Cookie

286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetable Blend  
 630 Dragon Punch Vegetable Juice  
 698 Mango Fruiti Fruit  
 901 Honey Biscuit

225 Ciabatta Cheese Melt  
 706 Romaine Salad with Cherry Tomatoes  
 752 Fruit Punch Juice

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

**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.