



SEPTEMBER 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

29

30

31

1

2

5

NO SCHOOL
Faculty
Professional
Development Day

6

7

Early Dismissal
11:00 A.M.

8

223 Veggie Pinwheel
611 Bagged Baby Carrots
546 Cheesy Pizza Hummus
670 Fresh Fruit

9

274 Toasted Cheese Sandwich
706 Romaine Salad with Cherry Tomatoes
752 Fruit Punch Juice

12

284 Chicken Alfredo with Penne Pasta & Broccoli (NEW)
631 Cherry Star Vegetable Juice
670 Fresh Fruit
908 Dinner Rolls

13

280 Hamburger with Green Beans (NEW)
611 Bagged Baby Carrots
750 Apple Juice

14

281 Popcorn Chicken with Roasted Potatoes (NEW)
541 Chocolate Hummus
749 Apple Cherry Juice
932 Cinnamon Scooby Snacks

15

264 4x6 Cheese Pizza
708 Romaine Salad with Chickpeas
670 Fresh Fruit

16

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

19

285 Chicken Strips & Green Beans (NEW)
630 Dragon Punch Vegetable Juice
670 Fresh Fruit

20

252 Hot Dog
604 Baked Beans
685 Rosati Water Ice
928 Goldfish Pretzels

21

282 BBQ Popcorn Chicken With Sweet Mashed Potatoes (NEW)
632 Wango Mango Vegetable Juice
690 Apple Crisps
915 Hamburger Bun
932 Cinnamon Scooby Snacks

22

218 Mozzarella Pinwheels
706 Romaine Salad with Cherry Tomatoes
670 Fresh Fruit
992 Oatmeal Cookie

23

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

26

283 Chicken Fingers & Corn (NEW)
542 Harvest Pumpkin Hummus
670 Fresh Fruit
932 Cinnamon Scooby Snacks

27

286 Penne Pasta with Meat Sauce, Cheese & Italian Vegetables (NEW)
611 Bagged Baby Carrots
750 Apple Juice
908 Dinner Rolls

28

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

29

277 Chicken Fajita Bowl with Brown Rice, Black Beans & Tomato (NEW)
630 Dragon Punch Vegetable Juice
657 Strawberry Craisins

30

263 5" Round Cheese Pizza
708 Romaine Salad with Chickpeas
670 Fresh Fruit
928 Goldfish

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.