

# St. Francis of Assisi School Lunch Menu

## September 2022

	Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Sandwich</u> Turkey & Cheese	5 <b>Labor Day</b>	6 <b>Chicken Tenders</b> Baby Carrots Applesauce Blueberry Crumble Bread	7 <b>Mac &amp; Cheese w/ Dinner Roll</b> Shredded Romaine Fresh Peach	8 <b>AUCTION AWARD</b> <b>Beef &amp; Cheese Nachos</b> Steamed Corn Grapes Brookee	9 <b>Pizza Crunchers w/ Marinara Sauce</b> Assorted Fresh Veggies Mixed Fruit	Choice of skim, 1%, or chocolate skim milk is included in price of school lunch
<u>Sandwich</u> Ham & Cheese	12 <b>Chicken Drumstick</b> Mashed Potatoes & Gravy Strawberries Pumpkin Bread	13 <b>All American Burger</b> Pickles Sweet Potato Fries Honey Crisp Apple Baked Lays	14 <b>Parmesan Popcorn Chicken w/ Pasta ***</b> Shredded Romaine Cantaloupe Bites ***new entree to vote on	15 <b>Crispitos w/ Salsa</b> Sliced Cucumber Refried Beans Sliced Pears	16 <b>Mandarin Orange Chicken w/ Brown Rice</b> Assorted Fresh Veggies Pineapple Tidbits Fortune Cookie	Water is not included in the meal cost. An 8oz bottle of water for grades K-8 is \$.50 and the 16.9 oz bottle of water available for Middle School is \$.75
<u>Sandwich</u> Turkey & Cheese	19 <b>Pancake wrapped Sausage on a stick</b> Strawberry Gogurt 100% Juice Fruitable Banana	20 <b>Stuffed Crust Pepperoni Pizza</b> Broccoli Parmesan Honeydew Melon	21 <b>Breaded Chicken Bites</b> Baby Carrots Cinnamon Humus Sliced Peaches Scooby Snacks	22 <b>Hamburger</b> French Fries Cole Slaw Fuji Apple	23 <b>Spaghetti &amp; Meat sauce w/ Dinner Roll</b> Assorted Fresh Veggies Mixed Fruit	<b>Lunch \$2.95</b> <b>Xtra Entrée \$1.85</b> <b>A La Carte \$1.00</b> <b>Milk \$0.50</b> <b>8oz water \$0.50</b> <b>16.9oz water \$0.75</b> <b>Adult Lunch \$4.13</b>
<u>Sandwich</u> Ham & Cheese	26 <b>NO SCHOOL</b>	27 <b>Chicken Alfredo w/ Garlic Toast</b> Steamed Green Beans Mandarin Oranges	28 <b>BBQ Pork Tatchos</b> Cauliflower Florets Fresh Strawberries	29 <b>Wild Mike's Cheese Bites</b> Baby Carrots Blueberries	30 <b>Burrito Bowl w/ Cilantro Lime Rice</b> Black Beans Assorted Fresh Veggies Mixed Fruit	Cantaloupe is an excellent source of vitamin A and vitamin C. Their high water content makes them a great snack on a hot day.

Menu subject to change without notice

This institution is an equal opportunity provider