

# St. Francis of Assisi School Lunch Menu

## September 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	
<u>Sandwich</u> Turkey & Cheese	4 <b>Labor Day</b>	5 <b>Chicken Tenders</b> Baby Carrots Honeydew Melon Goldfish Crackers	6 <b>French Toast Sticks</b> Strawberry Yogurt 100% Juice Fruitable Fresh Blueberries and Raspberries	7 <b>Beef &amp; Cheese Nachos</b> Steamed Corn HoneyCrisp Apple	8 <b>Pizza Crunchers w/ Marinara Sauce</b> Assorted Fresh Veggies Sliced Pears	Choice of skim, 1%, or chocolate skim milk is included in price of school lunch
<u>Sandwich</u> Ham & Cheese	11 <b>Pork Tenderloin</b> Sweet Potato Tots Applesauce	12 <b>Grilled Cheese</b> French Fries Watermelon	13 <b>Parmesan Popcorn</b> <b>Chicken w/ Pasta</b> Shredded Romaine Cantaloupe Bites	14 <b>AUCTION AWARD</b> <b>Pepperoni Pizza</b> Cucumber Slices Grapes	15 <b>Burrito Bowl w/ Cilantro Lime Rice</b> Black Beans Assorted Fresh Veggies Diced Peaches	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	18 <b>Pancake wrapped Sausage on a stick</b> Strawberry Gogurt 100% Juice Fruitable Banana	19 <b>Breaded Chicken Sandwich</b> Steamed Peas Strawberry Cup	20 <b>Spaghetti &amp; Meatsauce w/ Garlic Toast</b> Broccoli Parmesan Fuji Apple	21 <b>Hamburger</b> Assorted Fresh Veggies Cinnamon Hummus Mandarin Oranges Scooby Snacks	22 <b>Ham, Turkey &amp; Cheese Hoagie</b> Baby Carrots Sliced Apples Chocolate Chip Cookie	<b>Lunch \$3.10</b> <b>Xtra Entrée \$1.95</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 \$4.85</b>
<u>Sandwich</u> Ham & Cheese	25 <b>NO SCHOOL</b>	26 <b>Early Disimissal</b> <b>NO LUNCH</b>	27 <b>BBQ Pork Tatchos</b> Red Pepper Slices Strawberries Pumpkin Bread	28 <b>French Bread Pizza w/ Marinara Cup</b> Steamed Green Beans Mixed Berries	29 <b>Mandarin Orange Chicken w/ Brown Rice</b> Assorted Fresh Veggies Pineapple Tidbits	<i>Cantaloupe is an excellent source of vitamin A and vitamin C. Their high water content makes them a great snack on a hot day.</i>

Menu subject to change without notice

This institution is an equal opportunity provider