

"Life is short - eat more fruits and veggies"- By Makenzie M, 7th grade St. Francis of Assisi

Menu is subject to change and a variety of low fat or skim milk is offered daily, condiments offered daily, fruit & vegetable juices are 100% juice, grains are whole grain. Monday Friday Tuesday Wednesday Thursday 2 3 5 6 9 10 11 12 13 226 Philly Cheese Steak **204** Chicken Nuggets 255 Pizzaboli Pinwheel 263 Round Cheese Pizza V & 632 Wango Mango Vegetable Juice 233 Rotisserie Chicken & Mozzarella on Brioche Bun 541 Chocolate Brownie 620 Salsa 706 Romaine Salad w. Cherry 611 Bagged Carrots 623 Tater Tots Hummus 631 Cherry Star Vegetable Tomatoes **546** Cheesy Pizza Hummus 633 Sunset Sip Vegetable Juice 648 Strawberry Gello Cups Juice 670 Fresh Fruit OR 752 Fruit Punch Juice 697 Bagged Apple Slices 670 Fresh Fruit 929 Chocolate Tiger Bites 682 Bananas 927 Dinner Rolls 17 19 16 18 20 264 4x6 Cheese Pizza V 210 Cheese Stuffed 205 Popcorn Chicken Breadsticks V 203 Mini Pepperoni & 622 Marinara Sauce Calzone 288 Mac & Cheese w. Broccoli V & 909 Dinner Rolls 623 Tater Tots 708 Spinach & Romaine **611** Bagged Carrots 633 Sunset Sip Vegetable Juice 630 Dragon Punch Vegetable 634 Ruby Rusher Vegetable Salad w. Chickpeas 543 Red Pepper Hummus 657 Strawberry Craisins Juice Juice 750 Apple Juice 670 Fresh Fruit OR 670 Fresh Fruit 644 Dole Pear Cup 682 Bananas 930 Cheez-Its 937 Apple Cinnamon Bear Grahams 23 24 25 26 27 280 Hamburger w/ Green Beans 263 5" Round Cheese PizzaV & 915 Hamburger Bun 206 French Toast w. 215 Taco Stick 257 Mozzarella Sticks V Sausage & 941 Tostito Scoops 620 Salsa 622 Marinara Sauce 623 Tater Tots 706 Romaine Salad w. Cherry 541 Chocolate Brownie Hummus 630 Dragon Punch Vegetable 634 Ruby Rusher Vegetable 611 Bagged Carrots Tomatoes 670 Fresh Fruit Juice 543 Red Pepper Hummus 670 Fresh Fruit OR 659 Watermelon Craisins 670 Fresh Fruit 752 Fruit Punch Juice 682 Bananas 651 Mango Pineapple Smoothie 990 Chocolate Chip Cookie Bowl

V= Vegetarian Options

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 supplier of the food item. To request product information please call (215) 895-3470 during normal

