SFPCC MENU July 25 thru August 19, 2016

July 25 Tuna Salad w/ Carrots and Celery Wheat Bread Cucumbers Pears	26 Black Bean and Cheese Burritos Grape Tomatoes Melon	27 Grilled Chicken Bell Peppers Cucumber/Quinoa Salad Plums	28 Cheese Tortellini Zucchini/Summer Squash Blueberries	29 Rice and Lentil Pilaf w/ Chicken Sausage Bell Peppers Apples
August 1 Dino Chicken Nuggets Brown Rice Baby Carrots Apples	2 Hummus/Cheese Cucumbers Wheat Pita Blueberries	3 Quesadillas Bell Peppers Cherries	4 Bean/Corn/Rice Salad Grape Tomatoes Cheese Nectarines	5 Turkey Sandwiches Lettuce/Tomato Wheat Bread Pears
8 Whole Grain Banana Pancakes Peas Cottage Cheese Pears	9 Pasta Vegetable Salad Cheese Cherries	10 Spinach Pie Rice Grape Tomatoes Nectarines	11 Chicken Soft Tacos Whole Wheat Tortillas Cheddar Lettuce/Tomato Melon	12 Baked Haddock Rice Spinach Salad Mixed Fresh Fruit
15 CENTER CLOSED for WORK WEEK	16 CENTER CLOSED for WORK WEEK	17 CENTER CLOSED for WORK WEEK	18 CENTER CLOSED for WORK WEEK	19 CENTER CLOSED for WORK WEEK

ORGANIC MILK IS SERVED WITH EVERY LUNCH