



SFPCC MENU October 3 thru November 4, 2016



<u>October</u> 3	4	5	6	7
Bean Tacos w/Corn Shell, Cheese, Lettuce & Tomato Pears	Baked Chicken Brown Rice Butternut Squash Clementine	Tomato Cheddar English Muffin Melt Cucumber Grapes	Turkey and Cheese Wraps Bell Peppers Peaches	Cheese Tortellini With Marinara Broccoli Apples
10 <u>CENTER CLOSED</u> for <u>COLUMBUS DAY</u>	11	12	13	14
	Swedish Meatballs Noodles Peas Grapes	Chicken Pot Pie Stuffing Peas and Carrots Cranberry Sauce Cantaloupe	Baked Haddock Brown Rice Summer Squash Watermelon	American Chop Suey Bell Peppers Pears
17	18	19	20	21
Tuna Salad w/Celery Pita Grape Tomatoes Apples	Mexican Lasagna Bell Peppers Oranges	Cuban Style Chicken Brown Rice Peas Grapes	Roast Chicken Quinoa Butternut Squash Melon	Macaroni and Cheese Stewed Tomatoes Pears
24	25	26	27	28
Chicken Salad Wrap Cucumbers Pineapple	Thai Butternut Squash Soup Rolls, Cheese Clementine	Bean and Cheese Quesadilla Pico de Gallo Peppers, Lettuce Watermelon	Jambalaya Rice Carrots Apple	Roasted Acorn Squash Quinoa and Cheese Stuffing Grapes
31	<u>November</u> 1	2	3	4
Chicken Chili Verde Tortillas Cheddar Bell Pepper Pears	Tomato Cheddar English Muffins Cucumbers Honeydew Melon	Cheese Pizza Broccoli Grapes	Homemade Tomato Soup Cheese Croutons/Crackers Apricots	Spinach Pie Rice Grape Tomatoes Plums



Organic Milk is served with every Lunch

