



SFPCC MENU SEPTEMBER 2017



4 CLOSED	5 Turkey Chili Cornbread Red Bell Peppers Apples	6 Turkey Muenster Cheese Whole Wheat Wrap Lettuce & Tomato Pineapple	7 Dino Nuggets Coconut Rice Broccoli Watermelon	8 Mac N Cheese Stewed Tomatoes Assorted Fresh Fruit
11 Turkey Kielbasa Yellow Rice Zucchini Granny Smith Apples	12 Cheese Pizza Broccoli Blackberries	13 Minestrone Crackers Cheese Grapes	14 Cheese Quesadilla Grape Tomatoes Peaches	15 Turkey Sloppy Joe Whole Wheat Bun English Cucumbers Assorted Fresh Fruit
18 Tuna and Cheese Melt Yellow Bell Peppers Whole Grain English Muffins Cantaloupe	19 Chicken Macaroni Soup Crackers Cheese Clementines	20 Turkey Meat Sauce Spaghetti Noodles Broccoli Blueberries	21 Maple Salmon Brown Rice Green Beans Plums	22 Chicken Fried Rice Carrots & Peas Assorted Fresh Fruit
25 Grilled Cheese Sandwich Tomato Soup Carrots Honey Dew Melon	26 Banana Pancakes Cottage Cheese Peas Green Grapes	27 BBQ Chicken Yellow Rice Peas & Carrots Oranges	28 Turkey Tex-Mex Casserole Corn Tortilla Chips Red Bell Peppers Watermelon	29 Hummus Pita Bread Carrots Assorted Fresh Fruit
October 2 Turkey Stroganoff Egg Noodles Peas Pineapple	3 Corn, Rice, Beans Casserole English Cucumbers Granny Smith Apples	4 Thai Curry Chicken Cous Cous Green Beans Blackberries	5 Turkey Lasagna Corn Grapes	6 Roasted Chicken Stuffing Cranberry Sauce Butternut Squash Assorted Fresh Fruit



Unflavored Organic Whole Milk is served to children 12-24 months old with every Lunch

***Unflavored Organic 1% milk is served to children 2-5 years old with every lunch**

