



# SFPCC MENU OCTOBER 2017



October 9  <b>CLOSED</b>	10 Fish Sticks Jasmine Rice Peas  Granny Smith Apples	11 Baked Manicotti Tomato Marinara Sauce Broccoli  Pineapple	12 Turkey Chili Cornbread Green Beans  Green Grapes	13 Cheese Pizza Red Peppers  Assorted Fresh Fruit
16 Nitrate Free Hot Dog Whole Grain Bun Potato Salad  Granny Smith Apple	17 Ground Turkey Eggplant Parmesan Casserole  Blackberries	18 Banana Pancakes Strawberry Yogurt Peas  Grapes	19 Chicken Noodle Soup Crackers Carrots  Watermelon	20 Mac N Cheese Stewed Tomato  Assorted Fresh Fruit
23 Tuna Melt English Muffins Cream Corn  Cantaloupe	24 Turkey Sloppy Joe Whole Grain Bun Green Beans  Pears	25 Turkey Kielbasa Egg Noodles Zucchini  Blueberries	26 Pumpkin Soup Grilled Cheese Sandwich English Cucumbers Clementine	27 Chicken Fried Rice Carrots & Peas  Assorted Fresh Fruit
30 Turkey Meat Sauce Pasta Broccoli  Honey Dew Melon	31 Deli Turkey Slices Whole Grain Wrap Cheese English Cucumbers Apples	November 1  Chicken Pot Pie Carrots & Peas  Oranges	2 Ground Turkey Corn Taco Shell Shredded Cheese Lettuce and Tomato Plums	3 Creamy Red Beans Jasmine Rice Red Peppers  Assorted Fresh Fruit
6 Turkey Stroganoff Egg Noodles Peas  Pineapple	7 Corn, Rice, Beans Casserole English Cucumbers  Pears	8 Baked Haddock Basmati Rice Yellow Squash  Granny Smith Apples	9 Veggie Burger Wheat Thin Buns Carrots  Grapes	10      <b>CLOSED</b>



**\*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**

