



SFPCC MENU NOVEMBER 2017



October 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 Shells 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, Beans & Rice Casserole English Cucumbers Pears	8 Baked Haddock Basmati Rice Grape Tomatoes Granny Smith Apples	9 Deli Turkey Wraps Whole Grain Wraps Cheese Carrots Green Grapes	10 CLOSED
13 Veggie Burgers Whole Wheat Sandwich Thins Bell Peppers Pears	14 Ground Turkey Corn Taco Shells Shredded Cheese Tomatoes & Lettuce Cantaloupe	15 Kielbasa Egg Noodles Yellow Squash Red Grapes	16 Tuna Salad Whole Grain Buns Cucumbers Granny Smith Apples	17 Cheese Quesadilla Grape Tomatoes Assorted Fresh Fruit
20 Banana Cinnamon Pancakes Cottage Cheese Peas Honey Dew Melon	21 Roasted Turkey Stuffing Butternut Squash Cranberry Sauce Green Grapes	22 Cheese Pizza Broccoli Oranges	23 CLOSED	24 CLOSED
27 Fish Sticks Basmati Rice Corn Pineapple	28 Mac N Cheese Stewed Tomatoes Clementines	29 Maple Salmon Coconut Jasmine Rice Zucchini Plums	30 Thai Curry Chicken Couscous Vegetable Medley Golden Apples	December 1 Turkey Meat Sauce Spaghetti Noodles Broccoli 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

