



SFPCC MENU OCTOBER 2018



October 1 Ground Turkey Meat Sauce Whole Grain Pasta Asparagus Cantaloupe	2 Banana Pancakes Cottage Cheese Peas Oranges	3 Dino Nuggets Couscous Green Beans Granny Smith Apples	4 Ground Turkey Lasagna English Cucumbers Watermelon	5 Salmon Jasmine Rice Stewed Tomatoes Assorted Fruit
8 Center CLOSED for Columbus Day	9 Swedish Meatballs Egg Noodles Green Beans Clementines	10 Fish Sticks Brown Rice Zucchini Pears	11 Tomato Soup Cheese Crackers Yellow Bell Peppers Red Apples	12 Turkey Meatloaf Whole Grain Roll Carrots Assorted Fruit
15 English Muffin Pizza Peas & Carrots Honey Dew Melon	16 Turkey Chili Cornbread Broccoli Pineapple	17 Tuna Salad Whole Grain Pita Bread English Cucumbers Pears	18 Baked Chicken Stuffing Brussel Sprouts Apples	19 Cheese Tortellini Turkey Marinara Sauce Asparagus Assorted Fruit
22 Mac and Cheese Stewed Tomatoes Honey Dew Melon	23 Corn Bean & Rice Salad Cheese Cauliflower Oranges	24 Veggie Burger Wheat Thin Bread Tomato Slices Pears	25 Blueberry Pancakes Yogurt Peas Apples	26 Chicken Fajitas Corn Tortillas Red Bell Peppers Assorted Fruit
29 Chicken Noodle Soup Crackers Peas Cantaloupe	30 Cheese Pizza Broccoli Pineapple	31 Ground Turkey Tacos Corn Taco Shells Shredded Cheese Tomatoes & Salsa Pears	November 1 Baked Chicken Breast Brown Rice Zucchini Plums	2 Dino Nuggets Couscous Carrots Assorted 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

