

SFPCC MENU SEPTEMBER 2018

3 CLOSED	4 Fish Sticks Brown Rice Green Beans Watermelon	5 Deli Turkey Muenster Cheese Whole Wheat Wrap Red Bell Peppers Granny Smith Apples	6 Veggie Burgers Wheat Thin Bun Sliced Tomatoes Oranges	7 BBQ Chicken Yellow Rice Broccoli Assorted Fruit
10 Rice, Corn, Beans Casserole Yellow Bell Peppers Pineapple	11 Chicken Lo Mein Whole Grain Pasta English Cucumbers Red Apples	12 French Toast Yogurt Peas Clementine	13 Turkey Chili Cornbread Green Beans Clementine	14 Cheese Pizza Broccoli Assorted Fruit
17 Turkey Meat Sauce Spaghetti Green Beans Honey Dew Melon	18 Carrot Soup Cheese Crackers Clementine	19 Tuna Melts English Muffins English Cucumbers Bananas	20 Roasted Chicken Ziti Alfredo Broccoli Plums	21 Turkey Meatballs Jasmine Rice Zucchini Assorted Fruit
24 Chicken Soup Crackers Carrots Honey Dew Melon	25 Chicken Fajita Mexican Rice Red Bell Peppers Pears	26 Chicken Salad Pita Bread English Cucumbers Watermelon	27 Turkey Meatloaf Whole Wheat Roll Broccoli Yellow Delicious Apple	28 Turkey Sloppy Joes Whole Wheat Buns Green Beans Assorted Fruit
October 1 Ground Turkey Meat Sauce 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 Carrots & Peas 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

