



## SFPCC MENU NOVEMBER 2018



<b>October 29</b> Chicken Noodle Soup Crackers Peas & Carrots  Cantaloupe	30 Cheese Pizza Cauliflower  Pineapple	31 Ground Turkey Tacos Corn Taco Shells Shredded Cheese Tomatoes & Salsa Pears	<b>November 1</b> Baked Chicken Breast Brown Rice Zucchini  Plums	2 Dino Nuggets Couscous Carrots  Assorted Fruit
5 Tomato Soup Crackers Cheese  Apples	6 Tuna Salad Whole Grain Pita Bell Peppers  Oranges	7 English Muffin Pizza Broccoli  Pears	8 Ground Turkey Lasagna Green Beans  Cantaloupe	9 Banana Cinnamon Pancakes Yogurt Peas Assorted Fruit
12  <b>Veterans Day            Center CLOSED for            Staff In-Service</b>	13 Turkey Meatballs Marinara Sauce Whole Grain Buns Green Beans Honey Dew Melon	14 Corn Bean & Rice Salad Cauliflower  Pears	15 Chicken Fajitas Corn Tortillas English Cucumbers  Apples	16 Grilled Cheese Sandwiches Carrots  Assorted Fruit
19 Ground Turkey Chili Cornbread Peas  Cantaloupe	20 Roasted Turkey Breast Stuffing Butternut Squash Cranberry Sauce Clementines	21 Veggie Burger Wheat Thin Bread Muenster Cheese English Cucumbers Assorted Fruit	22  <b>Center CLOSED            for            Thanksgiving Break</b>	23  <b>Center CLOSED            for            Thanksgiving Break</b>
26 Cheese Quesadillas Stewed Tomatoes  Apples	27 Fish Sticks Brown Rice Bell Peppers  Pears	28 Ground Turkey Tomato Sauce Whole Grain Pasta Green Beans Plums	29 Turkey Swedish Meatballs Egg Noodles Asparagus Oranges	30 Tuna Melt Whole Grain English Muffin English Cucumbers 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\***

