



# SFPCC MENU JANUARY 2019



31  CENTER CLOSED FOR WINTER HOLIDAY	<b>January 1</b>  CENTER CLOSED FOR WINTER HOLIDAY	2  Dino Nuggets Couscous Green Beans  Granny Smith Apples	3  Veggie Burger Whole Wheat Thin Bread Peas Watermelon	4  Tuna Salad Whole Grain Wrap Peas and Carrots  Assorted Fruit
7  Chicken Salad Whole Grain Pita Bread Avocados Golden Delicious Apples	8  Cheese Quesadillas Whole Grain Wrap Shredded Cheese English Cucumbers Plums	9  Baked Haddock Yellow Rice Zucchini  Cara Cara Oranges	10  Cheese Pizza Broccoli  Watermelon	11  Turkey Meat Sauce Whole Grain Spaghetti Green Beans  Assorted Fruit
14  Ground Turkey Seasoned Rice Green Beans  Honey Dew Melon	15  Butternut Squash Soup Triscuit Crackers Cheese  Yellow Apples	16  Banana Pancakes Blueberry Yogurt Peas  Strawberries	17  Grilled Cheese Sandwiches Baked Beans Carrots Clementines	18  Turkey Meatballs Whole Wheat Buns Yellow Bell Peppers  Assorted Fruit
21  NO SCHOOL M.L. King Jr. Day	22  Fish Sticks Couscous Green Beans  Watermelon	23  Chicken Lo Mein Broccoli  Red Fuji Apples	24  Turkey Stroganoff Egg Noodles Peas  Red Plums	25  Deli Turkey Slices Gouda Cheese Whole Wheat Bread English Cucumbers Assorted Fruit
28  Chicken Soup Crackers Carrots  Macintosh Apples	29  Rice, Corn & Bean Casserole Red Bell Peppers  Asian Pears	30  Ground Turkey Chili Cornbread Peas & Carrots  Plums	31  Mac & Cheese Stewed Tomatoes  Cara Cara Oranges	<b>February 1</b>  Roasted Chicken Breast Whole Wheat Roll Cranberry Sauce Sweet Potato 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\*

