



SFPCC MENU MAY 2019



29 Grilled Cheese Sandwiches Baked Beans Honey Dew Melon	30 Turkey Sloppy Joes Whole Wheat Buns Green Beans Red Apples	May 1 Baked Salmon Yellow Rice Peas Oranges	2 Roasted Chicken Breast Whole Grain Pasta Broccoli Pears	3 Tuna Melt Whole Wheat English Muffin Avocado Assorted Fruit
6 Fish Sticks Jasmine Rice Corn Clementine	7 Chicken Noodle Soup Crackers Carrots Yellow Delicious Apples	8 Corn, Rice & Beans Casserole Yellow Bell Peppers Granny Smith Apples	9 Chicken Fajita Corn Tortilla Wrap Red Bell Pepper Strawberries	10 Baked Haddock Brown Rice Yellow Squash Assorted Fruit
13 Minestrone Soup Cheese Crackers Watermelon	14 Ground Turkey Tacos Corn Taco Shell Stewed Tomatoes Pears	15 English Muffin Pizza Broccoli Plums	16 BBQ Chicken Yellow Rice Zucchini Clementine	17 Tuna Salad Whole Wheat Wrap Red Bell Peppers Assorted Fruit
20 Dino Nuggets Green Beans Couscous Honey Dew Melon	21 Ground Turkey Lasagna Peas Granny Smith Apples	22 Baked Chicken Broccoli Rice Cheese Casserole Pears	23 Sloppy Joe Whole Wheat Bun Green Beans Clementines	24 Chicken Lo Mein Peas & Carrots Assorted Fruit
27 Black Beans Yellow Rice Zucchini Pineapple	28 Chicken Salad Whole Grain Pita Bread Red Bell Peppers Plums	29 Ground Turkey w/Marinara Sause Whole Grain Spaghetti Broccoli Red Apples	30 Blueberry Pancakes Cottage Cheese Peas Oranges	31 Ground Turkey Soft Tortilla Shells Sliced Tomato Shredded Cheese 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

