

# SFAD MONTHLY MEAL PANNER : NOVEMBER 2020

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1		<b>3</b> Chicken Alfredo w/ Penne pasta  with VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Apples	<b>4</b> Tony's Deep Dish Pizza  with VEG Of The Day Celery Sticks w/dip Fruit of the Day Sliced Oranges	<b>5</b> Orange Glazed Chicken  with VEG Of The Day Fried Rice Fruit of the Day Cupped Fruit	<b>6</b> Spaghetti W/ Meatballs  with VEG Of The Day Season Peas Fruit of the Day Fresh Strawberries
WEEK 2	<b>9</b> Pancakes served W/ sausage  with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	<b>10</b> Chicken Nuggets  with VEG Of The Day Oven Roasted Fries Fruit of the Day Sliced Apples	<b>11</b> BBQ Pulled Pork Hoagie  with VEG Of The Day Seasoned Peas Fruit of the Day Sliced Oranges	<b>12</b> Mac & Cheese  with VEG Of The Day Fresh Broccoli Fruit of the Day Cupped Fruit	<b>13</b> Three Cheese Pizza  with VEG Of The Day Tater Tots Fruit of the Day Fresh Grapes
WEEK 3	<b>16</b> French Toast Sticks Served w/ Sausage  with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	<b>17</b> General TSO Chicken w/ Dinner Roll  with VEG Of The Day Fried Rice Fruit of the Day Sliced Apples	<b>18</b> Chicken Alfredo w/ Penne pasta  with VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Oranges	<b>19</b> Twin Soft Tacos  with VEG Of The Day Southwestern Corn Fruit of the Day Cupped Fruit	<b>20</b> Tony's Deep Dish Pizza  with VEG Of The Day Celery Sticks w/dip Fruit of the Day Fresh Strawberries
WEEK 4					
WEEK 5	<b>30</b> Pancakes served W/ sausage  with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	Meatball Hoagie  with VEG Of The Day Tater Tots Fruit of the Day Sliced Apples	<u>Depot information</u> Locations starting November 12 will be Limerick & Flex. Pick up times will be changed 4:30pm to 5:45pm All locations will have a hot meal choice or a cold meal choice. All reimbursable meals will be free to all students and will not be allocated to their account. Limited snacks will be offered for all in school students. Snacks will be charged to student accounts.  		



### Breakfast Weekly Menu

Monday— Assorted Cereal w/ Graham Crackers  
Tuesday— Chocolate chip muffins  
Wednesday— On the run Mini Pancakes  
Thursday— Flavored Pop tarts  
Friday — Assorted Cereal Bars w/ Animal Crackers

**Each item will be served along with**  
**Fruit of the day,**  
**flavored milk,**  
**flavored 4oz juice.**



### Alternative Cold Lunch Menu

Monday— Turkey & Cheese hoagie  
Tuesday— Garden salad served with roasted chicken strips  
Wednesday— Buffalo Chicken Wrap  
Thursday— Caesar salad served with roasted popcorn chicken  
Friday — Ham & Cheese served on a club roll

**All sandwiches will be served with Bagged carrots and fruit of the day.**  
**All salads will be served with fruit of the day.**

