

# SFAD MONTHLY LUNCH PLANNER : GRAB & GO LUNCH

## September 2020

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	31	1	2	3	4
	with	with	with	with	with
WEEK 2	7 	8 Chicken Nuggets	9 Chicken & Waffle sandwich w/ syrup	10 Mac & Cheese	11 BBQ Pulled Pork Hoagie
		with VEG Of The Day Oven Roasted Fries Fruit of the Day Cupped Fruit	with VEG Of The Day Bagged Carrots Fruit of the Day Sliced Oranges	with VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Fresh Apples	with VEG Of The Day Tater Tots Fruit of the Day Fresh Grapes
WEEK 3	14 French Toast Sticks Served w/ Sausage	15 Chicken & Cheese Quesadillas	16 Cheese Ravioli w/ Marinara Sause & Bread Stick	17 Corn Dogs	18 Tony's Deep Dish Pizza
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day South Western Corn Fruit of the Day Sliced Fresh Oranges	with VEG Of The Day Fresh Broccoli Fruit of the Day Cupped Fruit	with VEG Of The Day Twister Fries Fruit of the Day Sliced Apples	with VEG Of The Day Celery Sticks w/dip Fruit of the Day Fresh Strawberries
WEEK 4	21 Pancakes served W/ sausage	22 General TSO Chicken w/ Dinner Roll	23 Chicken Alfredo w/ Penne pasta	24 Three Cheese Pizza	25 Twin Soft Tacos
	with VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	with VEG Of The Day Fried Rice Fruit of the Day Sliced Apples	with VEG Of The Day Season Peas Fruit of the Day Cupped Fruit	with VEG Of The Day Bag Carrots w/ Dip Fruit of the Day Sliced Fresh Oranges	with VEG Of The Day Southwest Corn Fruit of the Day Fresh Grapes
WEEK 5	28 	29 Meatball Hoagie	30 Cheeseburger		
		with VEG Of The Day Fried Rice Fruit of the Day Sliced Apples	with VEG Of The Day French Fries Fruit of the Day Sliced Apples		

### GRAB AND GO LUNCH PICK UP

Monday through Friday, 3:30-5 p.m.

Limerick Elementary School  
Spring City Elementary School  
Royersford Elementary School  
5/6/7 Grade Center

### 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 with Fruit of the day, flavored milk, and flavored 4oz juice.

All hot meals will be served in a recyclable container along with heating instructions



Daily Alternatives meal option will be the sandwich of the day or a salad of the day. You can pre-order your alternative choice with the following link: <https://forms.gle/Sd3JCST2XkhF9eUTA>



Three of the five food groups including flavored milk will be offered daily. A 1/2 cup vegetable & a 1/2 cup fruit will be included with every meal.