

# SFAD MONTHLY MEAL PANNER : DECEMBER 2020

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>7</b> Pancakes served W/ sausage  <i>with</i> VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	<b>8</b> Meatball Sandwich  <i>with</i> VEG Of The Day Bagged Carrots Fruit of the Day Sliced Apples	<b>9</b> Mac & Cheese  <i>with</i> VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Oranges	<b>10</b> Chicken Nuggets  <i>with</i> VEG Of The Day French Fries Fruit of the Day Cupped Fruit	<b>11</b> Tony's Deep Dish Pizza  <i>with</i> VEG Of The Day Celery Sticks w/dip Fruit of the Day Fresh Strawberries
	<b>14</b> French Toast Sticks Served w/ Sausage  <i>with</i> VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	<b>15</b> Cheese Ravioli w/ Marinara Sauce & Bread Stick  <i>with</i> VEG Of The Day Season Peas Fruit of the Day Sliced Apples	<b>16</b> General TSO Chicken w/ Dinner Roll  <i>with</i> VEG Of The Day Fried Rice Fruit of the Day Sliced Oranges	<b>17</b> Chicken & Cheese Quesadillas  <i>with</i> VEG Of The Day Southwestern Corn Fruit of the Day Cupped Fruit	<b>18</b> Pepperoni Pizza Sticks  <i>with</i> VEG Of The Day Garden Salad Fruit of the Day Fresh Grapes
WEEK 2	<b>21</b> Pancakes served W/ sausage  <i>with</i> VEG Of The Day Hash Browns Fruit of the Day Cupped Fruit	<b>22</b> Spaghetti W/ Meatballs  <i>with</i> VEG Of The Day Fresh Broccoli Fruit of the Day Sliced Apples	<b>23</b> Chicken Nuggets  <i>with</i> VEG Of The Day Season Peas Fruit of the Day Sliced Oranges		
	<b>28</b> Depot Distribution 5,6,7 & Limerick  Meal #1 <b>Waffles</b>  Meal #2 <b>Popcorn Chicken</b>		<b>30</b> Depot Distribution 5,6,7 & Limerick  Meal #1 <b>BBQ pulled pork</b>  Meal #2 <b>Chicken Patty Sandwich</b>  Meal #3 <b>Mozzarella Sticks</b>		
WEEK 3	Depot Schedule for December will change. Distribution will be on Mondays, Wednesdays & Fridays . Locations will be at Limerick and 5,6,7 Building . Depot times will be from 4:15 to 6:00. Please be aware that we will be distributing meals on Monday December 28 and Wednesday December 30. Please see schedule of meals below. If you have any questions please contact Scott Orsini at sorsiiic@spring-ford.net				
	<u>Mondays Distribution</u> Meal #1 Tuesdays menu / Meal #2 Wednesdays menu		<u>Wednesdays Distribution</u> Meal #1 Thursdays Menu / Meal #2 Fridays Menu		
WEEK 4	<u>Fridays Distribution</u> Meal #1 Mondays Menu / Meal #2 Requested Weekend meals				
					



**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.**

