

# SFASD MONTHLY MEAL PLANNER : September 2021

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<b>30</b> Pancakes Served w/ Sausage	<b>31</b> Loaded Tater Tots & Popcorn Chicken w/Garlic Toast	<b>1</b> Cheese Ravioli w/ Marinara Sauce & Bread Stick	<b>2</b> Cheeseburger	<b>3</b> Chicken Tenders
	with VEG Of The Day Hash Browns Fruit of the Day Pears	with VEG Of The Day Cauliflower Fruit of the Day Mixed Fruit	with VEG Of The Day Broccoli Fruit of the Day Applesauce	with VEG Of The Day Baked Beans Fruit of the Day Peaches	with VEG Of The Day Waffle Fries Fruit of the Day Fresh Strawberries
WEEK 2			<b>8</b> Breaded Fish Bites	<b>9</b> Baked Lasagna	<b>10</b> Tony's Pizza
			with VEG Of The Day Corn Fruit of the Day Peaches	with VEG Of The Day Broccoli Fruit of the Day Applesauce	with VEG Of The Day Smiley Tots Fruit of the Day Grapes
WEEK 3	<b>13</b> French Toast Sticks w/ Sausage	<b>14</b> Vegetable Bean Chili Mac w/ Corn Bread Muffin	<b>15</b> Chicken Nugget Breakfast Bowl		<b>17</b> Pizza Sticks
	with VEG Of The Day Hash Browns Fruit of the Day Pears	with VEG Of The Day Carrots Fruit of the Day Mixed Fruit	with VEG Of The Day Celery Sticks Fruit of the Day Applesauce		with VEG Of The Day Side Salad Fruit of the Day Fresh Strawberries
WEEK 4	<b>20</b> Pancakes Served w/ Sausage	<b>21</b> Orange Glazed Popcorn Chicken w/ rice	<b>22</b> Cheese Ravioli w/ Marinara Sauce	<b>23</b> Salisbury Steak w/Egg Noodles & Gravy	<b>24</b> Balsamic Glazed Parmesan Popcorn Chicken w/ Creamy Italian Rice
	with VEG Of The Day Hash Browns Fruit of the Day Pears	with VEG Of The Day Red Pepper Strips Fruit of the Day Mixed Fruit	with VEG Of The Day Green Beans Fruit of the Day Applesauce	with VEG Of The Day Celery Sticks Fruit of the Day Peaches	with VEG Of The Day Cucumber & Tomato Salad Fruit of the Day Grapes
WEEK 5	<b>27</b> French Toast Sticks w/ Sausage	<b>28</b> Chicken Parmesan w/ Spaghetti	<b>29</b> Fried Rice w/ String beans	<b>30</b> Disco Fries	
	with VEG Of The Day Hash Browns Fruit of the Day Pears	with VEG Of The Day Broccoli Fruit of the Day Mixed Fruit	with VEG Of The Day Carrots Fruit of the Day Applesauce	with VEG Of The Day Celery Sticks Fruit of the Day Peaches	



**Message**  
September 2021

All Breakfast & Lunch Reimbursable meals will be free to the student for 21-22 school year. All students will still be required to register their meal through our point of sale system however their account will not be charged. See snack price list if you would like your child to participate in healthy snacks.



**Alternative Hot Lunch**  
Chicken Nuggets, Chicken Patty or Pizza

**Alternative Cold Lunch Offered daily**  
Turkey & Cheese Hoagie  
Ham & Cheese Hoagie  
Spring Ford Salad offered daily

All alternate hot or cold lunches will be served with bagged carrots and fruit of the day

