

April 2019



SOUTHERN FULTON SCHOOL DISTRICT
ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch
Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:
Smuckers PB&J Sandwich

Daily Salad may include of the following
Grilled Chicken Salad
Crispy Chicken Salad
Romaine Garden Salad
Oriental Chicken Salad
Garden Salad
Chef Salad

Menu Subject to Change



Lunch Prices
Student \$2.00
Reduced \$.40
Adult \$3.50

Jaime Barnard, Cafeteria Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Hot Ham and Cheese on Pretzel Roll or Turkey Bacon Salad</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>2 Turkey and Cheese Hoagie or Grilled Chicken Salad</p> <p>Featured Veggies: Baked Beans Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>3 Chicken Mash Potato Bowl with a Dinner Roll or Ham and Cheese Salad</p> <p>Featured Veggies: Steamed Corn Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>4 Cheeseburgers or Crispy Chicken Salad</p> <p>Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>5 Pulled Pork Sandwich or Chef Salad</p> <p>Featured Veggies: Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p>8 Chicken Nuggets with a Dinner Roll or Turkey Bacon Salad</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>9 Hot Dog or Grilled Chicken Salad</p> <p>Featured Veggies: Mashed Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>10 Nacho Grande or Taco Salad</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>11 Cheese Pizza or Club Salad</p> <p>Featured Veggies: Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>12 Sloppy joe Sandwich or Crispy Chicken Salad</p> <p>Featured Veggies: Oven Fries Fresh Cauliflower Choice of Fruit Choice of Milk</p>
<p>15 Ham and Cheese Hoagie or Turkey Bacon Salad</p> <p>Featured Veggies: Vegetable Choice Baby Carrots Choice of Fruit Choice of Milk</p>	<p>16 Mini Corn Dogs or Club Salad</p> <p>Featured Veggies: Baked Beans Steamed Corn Choice of Fruit Choice of Milk</p>	<p>17 Spaghetti with meat sauce, Bread Stick or Ham and Cheese Salad</p> <p>Featured Veggies: Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>18 Chicken Patty On a Roll or Crispy Chicken Salad</p> <p>Featured Veggies: Steamed Broccoli Cauliflower Choice of Fruit Choice of Milk</p>	<p>19 Happy Easter No School</p>
<p>22 Happy Easter No School</p>	<p>23 Nacho Grande or Oriental Chicken Salad</p> <p>Featured Veggies: Steamed Corn Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>24 Pulled Pork BBQ or Ham and Cheese Salad</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>25 Toasted Cheese Sandwich or Grilled Chicken Salad</p> <p>Featured Veggies: Tomato Soup Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>26 Cheese Pizza or Turkey Bacon Salad</p> <p>Featured Veggies: Vegetable Choice Steamed Corn Choice of Fruit Choice of Milk</p>
<p>29 Ham and Cheese on Flatbread or Crispy Chicken Salad</p> <p>Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p>30 Italian Dunker or Ham and Cheese Salad</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>			