

February 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 a 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><b>1</b> Italian Dunkers with Sauce or Chef Salad</p> <p><b>Featured Veggies:</b> Baby Carrots Green Beans Choice of Fruit Choice of Milk</p>
<p><b>4</b> Chicken Patty Sandwich or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>5</b> Cheese Burger On a Bun or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b> Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>6</b> Chicken Chow Mein or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Mashed Potatoes Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>7</b> Toasted Cheese Sandwich or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Tomato Soup Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>8</b> Ham and Cheese Hoagie or Club Salad</p> <p><b>Featured Veggies:</b> Green Peas Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p><b>11</b> Popcorn Chicken with a Dinner Roll or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>12</b> Nacho Grande Tortilla Chips or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b> Green Beans Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p><b>13</b> Chicken Mash Potato Bowl with a Dinner Roll or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>14</b> Chicken Fajita On a Soft Tortilla or Taco Salad</p> <p><b>Featured Veggies:</b> Green Beans Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>15</b> Cheese Pizza or Club Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</p>
<p><b>18</b> BBQ Rib On a Bun or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>19</b> Fish Patty Macaroni and Cheese or Chef Salad</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>20</b> Meatball Hoagie or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Green Beans Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p><b>21</b> Pulled Pork Sandwich or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>22</b> Pepperoni Pizza or Club Salad</p> <p><b>Featured Veggies:</b> Baby Carrots Tater Tots Choice of Fruit Choice of Milk</p>
<p><b>25</b> Cheeseburger on roll or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>26</b> Beef Taco on Crunchy Shell or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>27</b> Oriental Chicken Over Rice or Oriental Chicken Salad</p> <p><b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p><b>28</b> French Toast Sticks Sausage or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Hash brown Cherry Tomatoes Choice of Fruit Choice of Milk</p>	