

January 2018



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
Meal 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 \$1.90
Reduced \$.40
Adult \$3.50

Jaime Barnard, Cafeteria Manager

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Happy New Year	2 Popcorn Shrimp with a Dinner Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	3 Hot Turkey Sandwich or Grilled Chicken Salad Featured Veggies: Mashed Potatoes Fresh Broccoli Choice of Fruit Choice of Milk	4 Mini Corn Dogs or Crispy Chicken Salad Featured Veggies: Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk	5 Italian Dunkers with Sauce or Chef Salad Featured Veggies: Baby Carrots Green Beans Choice of Fruit Choice of Milk
8 Chicken Nuggets with a Dinner Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	9 Nacho Grande Tortilla Chips or Grilled Chicken Salad Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	10 Hot Dog On a Roll or Taco Salad Featured Veggies: Mashed Potatoes Cucumber Slices Choice of Fruit Choice of Milk	11 Toasted Cheese Sandwich or Crispy Chicken Salad Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit Choice of Milk	12 Cheesy Pizza or Club Salad Featured Veggies: Green Peas Red Pepper Strips Choice of Fruit Choice of Milk
15 No School Possible Make up Day	16 Cheese Burger On a Bun or Grilled Chicken Salad Featured Veggies: Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk	17 Cheese Lasagna Bread Stick or Ham and Cheese Salad Featured Veggies: Green Beans Carrot Sticks Choice of Fruit Choice of Milk	18 Chicken Fajita On a Soft Tortilla or Oriental Chicken Salad Featured Veggies: Green Beans Cauliflower Choice of Fruit Choice of Milk	19 Fish Sandwich Macaroni & Cheese or Turkey Bacon Salad Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk
22 Popcorn Chicken with a Dinner Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	23 Salisbury Steak with brown gravy or Crispy Chicken Salad Featured Veggies: Mashed Potatoes Celery Sticks with Ranch Choice of Fruit Choice of Milk	24 Chili Soft Pretzel or Oriental Chicken Salad Featured Veggies: Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk	25 Hot Ham and Cheese On a Pretzel Roll or Crispy Chicken Salad Featured Veggies: Celery Sticks Cheesy Broccoli Choice of Fruit Choice of Milk	26 Pepperoni Pizza or Club Salad Featured Veggies: Baby Carrots Tater Tots Choice of Fruit Choice of Milk
29 Toasted Cheese Sandwich or Grilled Chicken Salad Featured Veggies: Chicken Noodle Soup Baby Carrots Choice of Fruit Choice of Milk	30 Ham and Cheese Hoagie or Crispy Chicken Salad Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk	31 Cheese Steak On a Roll or Taco Salad Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk		