

March 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
Meal or meal 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 |
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| | | | | 1 Pepperoni Pizza or Taco Salad Featured Veggies: Baby Carrots Tater Tots Choice of Fruit Choice of Milk |
| 4 Chicken Patty On a Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk | 5 Corn Dog or Grilled Chicken Salad Featured Veggies: Steamed Broccoli Fresh Broccoli Choice of Fruit Choice of Milk | 6 Turkey Chow Mein with a Dinner Roll or Club Salad Featured Veggies: Mashed Potatoes Cucumber Slices Choice of Fruit Choice of Milk | 7 Fish Sandwich Macaroni and Cheese or Crispy Chicken Salad Featured Veggies: Steamed Peas Baby Carrots Choice of Fruit Choice of Milk | 8 Cheese Pizza or Club Salad Featured Veggies: Corn Red Pepper Strips Choice of Fruit Choice of Milk |
| 11 French Toast Sausage or Turkey Bacon Salad Featured Veggies: Hash Browns Carrot Sticks Choice of Fruit Choice of Milk | 12 Cheeseburger on a roll or Garden Salad Featured Veggies: Steamed Broccoli Fresh Broccoli Choice of Fruit Choice of Milk | 13 Cheese Lasagna Bread Stick or Crispy Chicken Salad Featured Veggies: Tossed Salad Cucumber Slices Choice of Fruit Choice of Milk | 14 Toasted Cheese Sandwich or Chef Salad Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit Choice of Milk | 15 BBQ Rib Sandwich or Grilled Chicken Salad Featured Veggies: Baked Beans Red Pepper Strips Choice of Fruit Choice of Milk |
| 18 Chicken Tenders with a Dinner Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk | 19 Turkey and Cheese Sandwich or Grilled Chicken Salad Featured Veggies: Steamed Green Beans Green Pepper Strips Choice of Fruit Choice of Milk | 20 Spaghetti with meatsauce breadstick or Ham and Cheese Salad Featured Veggies: Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk | 21 Hot Ham and Cheese On a Pretzel Roll or Crispy Chicken Salad Featured Veggies: Celery Sticks Cheesy Broccoli Choice of Fruit Choice of Milk | 22 No School |
| 25 BBQ Rib Sandwich or Turkey Bacon Salad Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk | 26 Chicken Fajita or Grilled Chicken Salad Featured Veggies: Corn Baby Carrots Choice of Fruit Choice of Milk | 27 Italian Dunkers with Sauce or Club Salad Featured Veggies: Baby Carrots Tater Tots Choice of Fruit Choice of Milk | 28 Toasted Cheese Sandwich or Crispy Chicken Salad Featured Veggies: Tomato Soup Cauliflower Choice of Fruit Choice of Milk | 29 Cheese Burger On a Bun or Grilled Chicken Salad Featured Veggies: Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk |
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