

May 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
Chicken Salad
Chef Salad

Menu Subject to Change



Lunch Prices
Student \$1.90
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
	1 Chicken Patty Sandwich or Grilled Chicken Salad Featured Veggies: Steamed Carrots Fresh Broccoli Choice of Fruit Choice of Milk	2 Chicken Fajitas or Ham and Cheese Salad Featured Veggies: Steamed Broccoli Fresh Celery Choice of Fruit Choice of Milk	3 Hamburger Patty on Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk	4 Pizza or Chef Salad Featured Veggies: Baby Carrots Steamed Corn Choice of Fruit Choice of Milk
7 Chicken Nuggets with a Dinner Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	8 Nacho Grande Tortilla Chips or Grilled Chicken Salad Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	9 Chicken Mash Potato Bowl with a Dinner Roll or Taco Salad Featured Veggies: Mashed Potatoes Cucumber Slices Choice of Fruit Choice of Milk	10 BBQ Ribs on roll or Crispy Chicken Salad Featured Veggies: Steamed Peas Baby Carrots Choice of Fruit Choice of Milk	11 Turkey and Cheese On a Roll or Club Salad Featured Veggies: Tomato soup Red Pepper Strips Choice of Fruit Choice of Milk
14 Hot Ham and Cheese On a Pretzel Roll or Turkey Bacon Salad Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	15 Hot dog On a Bun or Grilled Chicken Salad Featured Veggies: Mashed Potatoes Sauerkraut Choice of Fruit Choice of Milk	16 Steakum Sandwich or Ham and Cheese Salad Featured Veggies: Green Beans Carrot Sticks Choice of Fruit Choice of Milk	17 Fish Patty Macaroni and Cheese or Oriental Chicken Salad Featured Veggies: Green Beans Cauliflower Choice of Fruit Choice of Milk	18 Italian Dunkers or Chef Salad Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk
21 Chicken Tenders with a Dinner Roll or Turkey Bacon Salad Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	22 Oriental Chicken Over Rice or Grilled Chicken Salad Featured Veggies: Steamed Broccoli Green Pepper Strips Choice of Fruit Choice of Milk	23 BBQ Pork Ribs On a Roll or Chef Salad Featured Veggies: Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk	24 Corn Dogs or Crispy Chicken Salad Featured Veggies: Celery Sticks Cheesy Broccoli Choice of Fruit Choice of Milk	25 Ham and Cheese On a Roll or Club Salad Featured Veggies: Baby Carrots Tater Tots Choice of Fruit Choice of Milk
28 No School	29 Hot Dog on Roll Oven Fries Choice of Fruit Choice of Milk	30 Pizza Steamed Corn Choice of Fruit Choice of Milk	31 No School	1 Last Day Brunch with Grandparents Cheese Omelet Sausage Links Fresh Fruit Muffin and/or Biscuit Choice of Milk