

April 2018



SOUTHERN FULTON SCHOOL DISTRICT
HIGH SCHOOL LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of a 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 \$2.20
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>2 Popcorn Shrimp or Turkey and Cheese Hoagie</p> <p>Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>	<p>3 Pulled Pork BBQ or Chicken Patty Sandwich</p> <p>Featured Veggies: Baked Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>4 Chicken Mashed Potato Bowl with a Dinner Roll or Cheeseburger on a Roll</p> <p>Featured Veggies: Steamed Corn Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5 Mini Corn Dogs or Grilled Chicken Patty Sandwich</p> <p>Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>6 Italian Dunkers with Sauce or BBQ Rib Sandwich</p> <p>Featured Veggies: Green Peas Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p>9 Chicken Nuggets with a Dinner Roll or Philly cheese Steak</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>10 Hot Dog or Chicken Patty Sandwich</p> <p>Featured Veggies: Baked Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>11 Crunchy Beef Tacos or Cheeseburger on a Roll</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>12 Toasted Cheese Sandwich or Chicken and Waffles</p> <p>Featured Veggies: Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>13 Cheese Burger On a Bun or Ham and Cheese Hoagie</p> <p>Featured Veggies: Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk</p>
<p>16 Turkey and Cheese Hoagie or Hot Ham and Cheese on Pretzel Roll</p> <p>Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>17 Chicken Chow Mein or Pizza Burger</p> <p>Featured Veggies: Mashed Potato Steamed Corn Choice of Fruit Choice of Milk</p>	<p>18 Pasta Bar with Bread Stick or Club Sandwich</p> <p>Featured Veggies: Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>19 Pork Rib Sandwich or Turkey and Cheese Hoagie</p> <p>Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>	<p>20 Ham and Cheese Hoagie or Cheeseburger on a Roll</p> <p>Featured Veggies: Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>23 Chicken Tenders with a Dinner Roll or Philly cheese Steak</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>24 Hot Dog Macaroni and Cheese or Chicken Patty Sandwich</p> <p>Featured Veggies: Steamed Peas Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>25 Chicken Mash Potato Bowl with a Dinner Roll or Cheeseburger on a Roll</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>26 Oriental Chicken Over Rice or Turkey and Cheese Hoagie</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>27 Chicken Fajita On a Soft Tortilla or Pizza Burger</p> <p>Featured Veggies: Steamed Corn Cauliflower Choice of Fruit Choice of Milk</p>
<p>30 Ham and Cheese on Flatbread or Chicken Patty Sandwich</p> <p>Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk</p>				