

April 2019



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 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 \$2.30  
Reduced \$ .40  
Adult \$3.50

Jaime Barnard, Cafeteria Manager

[jbarnard@sfsd.k12.pa.us](mailto:jbarnard@sfsd.k12.pa.us)

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Popcorn Shrimp</p> <p>or</p> <p>Turkey and Cheese Hoagie</p> <p><b>Featured Veggies:</b> Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>2</b> Pulled Pork BBQ</p> <p>or</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Baked Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>3</b> Chicken Mashed Potato Bowl with a Dinner Roll or Cheeseburger on a Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>4</b> Mini Corn Dogs</p> <p>or</p> <p>Grilled Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>5</b> Italian Dunkers with Sauce or BBQ Rib Sandwich</p> <p><b>Featured Veggies:</b> Green Peas Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p><b>8</b> Chicken Nuggets with a Dinner Roll or Philly cheese Steak</p> <p><b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>9</b> Hot Dog</p> <p>or</p> <p>Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Baked Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>10</b> Crunchy Beef Tacos</p> <p>or</p> <p>Cheeseburger on a Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>11</b> Toasted Cheese Sandwich or Chicken and Waffles</p> <p><b>Featured Veggies:</b> Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>12</b> Cheese Burger On a Bun or Ham and Cheese Hoagie</p> <p><b>Featured Veggies:</b> Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk</p>
<p><b>15</b> Turkey and Cheese Hoagie or Hot Ham and Cheese on Pretzel Roll</p> <p><b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>16</b> Chicken Chow Mein or Pizza Burger</p> <p><b>Featured Veggies:</b> Mashed Potato Steamed Corn Choice of Fruit Choice of Milk</p>	<p><b>17</b> Pasta Bar with Bread Stick or Club Sandwich</p> <p><b>Featured Veggies:</b> Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>18</b> Chicken Fajita On a Soft Tortilla or Pizza Burger</p> <p><b>Featured Veggies:</b> Steamed Corn Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>19</b> Happy Easter</p> <p><b>No School</b></p>
<p><b>22</b> Happy Easter</p> <p><b>No School</b></p>	<p><b>23</b> Fish Macaroni and Cheese or Chicken Patty Sandwich</p> <p><b>Featured Veggies:</b> Steamed Peas Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>24</b> Chicken Mash Potato Bowl with a Dinner Roll or Cheeseburger on a Roll</p> <p><b>Featured Veggies:</b> Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>25</b> Oriental Chicken Over Rice or Turkey and Cheese Hoagie</p> <p><b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p><b>26</b> Pork Rib Sandwich or Turkey and Cheese Hoagie</p> <p><b>Featured Veggies:</b> Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>
<p><b>29</b> Ham and Cheese Hoagie or Cheeseburger on a Roll</p> <p><b>Featured Veggies:</b> Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>30</b> Chicken Tenders with a Dinner Roll or Philly cheese Steak</p> <p><b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>			