



February 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 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 \$2.30
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
				<p>1 Chicken Tenders with a Dinner Roll or Sloppy Joe Sandwich</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>4 Popcorn Shrimp with cocktail sauce or Steakum Sandwich</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5 Cheese Burger On a Bun or Chicken Salad Sandwich</p> <p>Featured Veggies: Baked Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>6 Chicken Mash Potato Bow with a Dinner Roll or Chicken Patty Sandwich</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>7 Toasted Cheese Sandwich or Chicken and Waffles</p> <p>Featured Veggies: Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>8 Chicken Fajita On a Soft Tortilla or Pizza Burger</p> <p>Featured Veggies: Steamed corn Baby Carrots Choice of Fruit Choice of Milk</p>
<p>11 Mini Corn Dogs or Wings</p> <p>Featured Veggies: Potato Wedges Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>12 Chicken and Cheese On Flat Bread or Tuna Salad Sandwich</p> <p>Featured Veggies: Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>13 Taco Bar or Chicken Patty Sandwich</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>14 Ham and Cheese on Hoagie Roll or Cheeseburger on a Roll</p> <p>Featured Veggies: Baked Beans Cauliflower Choice of Fruit Choice of Milk</p>	<p>15 Popcorn Chicken with dinner roll or Turkey and Cheese on Hoagie Roll</p> <p>Featured Veggies: Oven Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>
<p>18 Hot Ham and Cheese On a Pretzel Roll or Chicken Patty Sandwich</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>19 Fish Sandwich Macaroni and Cheese or Chicken Salad Sandwich</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk</p>	<p>20 Pasta Bar with breadsticks or Cheeseburger on a Roll</p> <p>Featured Veggies: Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>21 Chicken PotPie or Hot Dog on roll</p> <p>Featured Veggies: Steamed Carrots Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>22 Pork BBQ Rib Sandwich or Pizza Burger</p> <p>Featured Veggies: Baby Carrots Steamed Corn Choice of Fruit Choice of Milk</p>
<p>25 Chicken Patty On a Roll or Ham and Cheese on Flatbread</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>26 Turkey and Cheese Hoagie or Tuna Salad Sandwich</p> <p>Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>27 Chicken Mash Potato Bow with a Dinner Roll or Cowboy CheeseBurger Onion rings, BBQ Sauce</p> <p>Featured Veggies: Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>28 French Toast Sticks Sausage or Grilled Chicken Patty Sandwich</p> <p>Featured Veggies: Hash Brown Patty Baby Carrots Choice of Fruit Choice of Milk</p>	