

January 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 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
1 No School Happy New Year	2 BBQ Pork Rib Sandwich or Pizza Burger Featured Veggies: Baby Carrots Steamed Corn Choice of Fruit Choice of Milk	3 Chicken Mash Potato Bowl with a Dinner Roll or Salad Bar Featured Veggies: Steamed Corn Cucumber Slices Choice of Fruit Choice of Milk	4 Mini Corn Dogs or Salad Bar Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk	5 Italian Dunkers with Sauce or Grilled Chicken Patty Sandwich Featured Veggies: Green Peas Red Pepper Strips Choice of Fruit Choice of Milk
8 Chicken Nuggets with a Dinner Roll or Philly cheese Steak Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	9 Hot Dog Sauerkraut or Salad Bar Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk	10 Taco Bar or Chicken Patty Sandwich Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk	11 Toasted Cheese Sandwich or Salad Bar Featured Veggies: Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk	12 Turkey and Cheese Hoagie or Pizza Burger Featured Veggies: Baked Beans Fresh Broccoli Choice of Fruit Choice of Milk
15 No School Possible Make up day	16 Cheese Burger On a Bun or Salad Bar Featured Veggies: Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk	17 Pasta Bar Bread Stick or Chicken Patty Sandwich Featured Veggies: Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk	18 Salisbury Steak with brown gravy or Salad Bar Featured Veggies: Mashed Potatoes Cauliflower Choice of Fruit Choice of Milk	19 Ham and Cheese Hoagie or Turkey and Cheese Hoagie Featured Veggies: Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk
22 Popcorn Shrimp with cocktail sauce or Philly cheese Steak Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	23 Oriental Chicken Over Rice or Salad Bar Featured Veggies: Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk	24 Chicken Mash Potato Bowl with a Dinner Roll or Chicken Patty Sandwich Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk	25 Chili soft pretzel or Salad Bar Featured Veggies: Fresh Cauliflower Choice of Fruit Choice of Milk	26 Meatball Hoagie or Ham and Cheese on Hoagie Roll Featured Veggies: Baby Carrots Steamed Carrots Choice of Fruit Choice of Milk
29 Ham and Cheese on Flatbread or Chicken Patty Sandwich Featured Veggies: Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	30 Hot Turkey Sandwich or Salad Bar Featured Veggies: Mashed Potatoes Baby Carrots Choice of Fruit Choice of Milk	31 Taco Bar or Cowboy Cheeseburger Onion rings, BBQ Sauce Featured Veggies: Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk		