

March 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 - 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

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Toasted Cheese Sandwich or BBQ Rib Sandwich</p> <p>Featured Veggies: Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk</p>
<p>4 Pulled Pork BBQ Sandwich or Pizza Burger</p> <p>Featured Veggies: Steamed Carrots Baby Carrots Choice of Fruit Choice of Milk</p>	<p>5 Cheese Burger On a Bun or Tuna Salad Sandwich</p> <p>Featured Veggies: Oven Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>6 Taco Bar or Chicken Patty Sandwich</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>7 Hot Dog on roll or Sloppy Joe Sandwich</p> <p>Featured Veggies: Baked Potato Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>8 Lasagna with breadstick or Steakum Sandwich</p> <p>Featured Veggies: Tossed Salad Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>11 Chicken Tenders with a Dinner Roll or Chicken Patty Sandwich</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>12 Cheese Burger On a Bun or Chicken Salad Sandwich</p> <p>Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>13 Pasta Bar with breadsticks or Ham and Cheese on Flatbread</p> <p>Featured Veggies: Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>14 Chicken Potpie or Cheeseburger on a Roll</p> <p>Featured Veggies: Cauliflower Choice of Fruit Choice of Milk</p>	<p>15 Fish Sandwich Macaroni and Cheese 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 Grilled Chicken Patty Sandwich</p> <p>Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk</p>	<p>19 Turkey and Cheese Hoagie or Steakum Sandwich</p> <p>Featured Veggies: Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>20 Chicken Mashed Potato Bowl or Cheeseburger on a Roll</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>21 Italian Dunkers or Chicken and Waffles</p> <p>Featured Veggies: Steamed Carrots Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>22 No School</p>
<p>25 Chicken Patty On a Roll or Ham and Cheese on Flatbread</p> <p>Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>26 Popcorn Chicken with dinner roll or Tuna Salad Sandwich</p> <p>Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>27 Homemade Ham and Cheese Rollup or Cheeseburger on a Roll</p> <p>Featured Veggies: Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>28 Oriental Chicken with rice or Hot Ham and Cheese on Pretzel roll</p> <p>Featured Veggies: Steamed Broccoli Cauliflower Choice of Fruit Choice of Milk</p>	<p>29 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>