

May 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
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
Chicken 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>1</p> <p>Congratulations Seniors Good Luck!</p>	<p>1</p> <p>Dino Chicken Nuggets or Salad Bar</p> <p>Featured Veggies: Smiley Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Pasta Bar or Cowboy Cheeseburger Onion rings, BBQ Sauce</p> <p>Featured Veggies: Steamed Peas Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Ham and Cheese Hoagie or Pizza Burger</p> <p>Featured Veggies: Baked Beans Celery Sticks with Ranch Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Oriental Chicken with rice or Chicken Wings</p> <p>Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>7</p> <p>Chicken Nuggets with a Dinner Roll or Popcorn Shrimp</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>8</p> <p>French Toast Sticks Sausage or Salad Bar</p> <p>Featured Veggies: Hash brown Patty Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>9</p> <p>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>10</p> <p>Chicken Potpie or Hot Ham and Cheese on Pretzel Roll</p> <p>Featured Veggies: Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Mini Corn Dogs or Turkey and Cheese Hoagie</p> <p>Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>
<p>14</p> <p>Lasagna Breadstick or Chicken Patty Sandwich</p> <p>Featured Veggies: Tossed Salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Cheese Burger On a Bun or Salad Bar</p> <p>Featured Veggies: Baked Potato Baby Carrots Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Taco Bar or Cowboy Cheeseburger Onion rings, BBQ Sauce</p> <p>Featured Veggies: Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p>17</p> <p>Chicken Patty Sandwich or Cooks Choice</p> <p>Featured Veggies: Steamed Corn Cauliflower Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Ham and Cheese Hoagie or Cooks Choice</p> <p>Featured Veggies: Baked Beans Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>21</p> <p>Steakum or Cooks Choice</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Chicken Fajita On a Soft Tortilla or Cooks Choice</p> <p>Featured Veggies: Steamed Peas Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Chicken Mash Potato Bowl with a Dinner Roll or Cooks Choice</p> <p>Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Oriental Chicken with rice or Cooks Choice</p> <p>Featured Veggies: Steamed Broccoli Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Pulled Pork BBQ or Cooks Choice</p> <p>Featured Veggies: Baby Carrots Steamed Corn Choice of Fruit Choice of Milk</p>
<p>28</p> <p>No School</p>	<p>29</p> <p>Hot Dog on Roll Oven Fries Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Ham and Cheese Hoagie Baked Beans Choice of Fruit Choice of Milk</p>	<p>31</p> <p>No School</p>	<p>1</p> <p>LAST DAY Pizza Steamed Corn Potato Chips Choice of Fruit Choice of Milk</p>