

APRIL 2023



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
Featured Fruit May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**All Students receive
 1 free breakfast
 Full Price Lunch 2.30
 Reduced Price Lunch .40**

Adult 3.70
 General Cafeteria Manager
 Jaime Barnard
jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.



SOUTHERN FULTON ELEMENTARY
 SCHOOL APRIL LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 27 Menu subject to change Due to product Availability | 28 | 29 | 30 | 31 |
| 3 Cheeseburger on Roll PBJ Cooks Fresh Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk | 4 Sliced Ham with Scalloped Potatoes dinner roll Cooks Fresh Salad Easter Dessert Featured Veggies: Steamed Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 5 Turkey and Cheese Hoagie PBJ Cooks Fresh Salad Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 6 Pepperoni Pizza PBJ Cooks Fresh Salad Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk | 7 No School |
| 10 No School | 11 No School | 12 Spaghetti with meatsauce with breadstick PBJ Cooks Fresh Salad Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk | 13 Oven Baked Chicken Legs with dinner roll PBJ Cooks Fresh Salad Featured Veggies: Potato Wedges Choice of fresh veggie Choice of Fruit Choice of Milk | 14 Cheese Pizza PBJ Cooks Fresh Salad Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk |
| 17 Pork Rib Sandwich PBJ Cooks Fresh Salad Featured Veggies: Steamed Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 18 Italian Dunkers PBJ Cooks Fresh Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk | 19 French Toast With Sausage PBJ Cooks Fresh Salad Featured Veggies: Hashbrown Choice of fresh veggie Choice of Fruit Choice of Milk | 20 Mini Corn Dogs PBJ Cooks Fresh Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk | 21 Pepperoni Pizza PBJ Cooks Fresh Salad Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk |
| 24 Fish Sticks with Macaroni and Cheese PBJ Cooks Fresh Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk | 25 Toasted Cheese Sandwich PBJ Cooks Fresh Salad Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk | 26 Chicken Mashed Potato Bowl with dinner roll PBJ Cooks Fresh Salad Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk | 27 Chicken Patty Sandwich on Roll PBJ Cooks Fresh Salad Featured Veggies: Steamed Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 28 Cheese Pizza PBJ Cooks Fresh Salad Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk |