

APRIL 2023

SOUTHERN FULTON HIGH SCHOOL

APRIL 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

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 2.60
Reduced Lunch Price .40**

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

USDA is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	29	30	31
3 Cheeseburger on Roll Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	4 Sliced Ham with Scalloped Potatoes with dinner oil Chef Salad Featured Veggies: Steamed Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	5 Spaghetti with Meaballs breadstick PBJ Chef Salad Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	6 Chicken Nuggets with dinner roll PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	7 No School
10 No School	11 No School	12 Taco Bar PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	13 Chicken Patty Sandwich PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	14 Italian Dunkers PBJ Chef Salad Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk
17 Pulled Pork Sandwich on Roll PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	18 Ham and Cheese on Pretzel Roll PBJ Chef Salad Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	19 Hot Dog on Roll with Mashed Potatoes PBJ Chef Salad Featured Veggies: Sauerkraut Choice of fresh veggie Choice of Fruit Choice of Milk	20 Fish with dinner roll Macaroni and Cheese PBJ Chef Salad Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk	21 Chicken Nuggets with dinner roll PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
24 Cheeseburger on Roll PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	25 BBQ Rib Patty Sandwich PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	26 Chicken Mashed Potato Bowl PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	27 Toasted Cheese Sandwich PBJ Chef Salad Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	28 Mini Corn Dogs PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk