



JANUARY 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
1 free lunch

Adult \$3.60
General Cafeteria Manager
 Jaime Barnard
jbarnard@sfsd.k12.pa.us
 USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	Menu Subject to change due to due to product availability	one Breakfast and one Lunch will be provided free for all students		1
3 Popcorn Chicken PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	4 Fish PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	5 Spaghetti with breadstick PBJ Chef Salad Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	6 Ham and Cheese Hoagie PBJ Chef Salad Featured Veggies: Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	7 Ham and Cheese Pizza PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
10 Cheeseburger PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	11 Turkey and Cheese Sandwich PBJ Chef Salad Featured Veggies: Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk	12 Fish 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 Cheese Pizza PBJ Chef Salad Featured Veggies: Celery Choice of fresh veggie Choice of Fruit Choice of Milk
17 No School	18 Pepperoni Hot Pocket PBJ Chef Salad Featured Veggies: Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	19 Chicken Mashed Potato Bowl PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	20 Cheeseburger on Roll PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	21 Pepperoni Pizza PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
24 Chicken Tenders PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	25 Nachos PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	26 Chili Soft Pretzel PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	27 Steakums PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	28 Cheese Pizza PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk