



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

No School

3

Chicken Nuggets
 with dinner roll
 PBJ
 Pizza

Featured Veggies:
 Oven Fries
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

10

Turkey & Cheese Hoagie

 PBJ
 Pizza

Featured Veggies:
 Baked Beans
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

17

No School

24

Ham and Cheese Hoagie

 PBJ
 Pizza

Featured Veggies:
 Baked Beans
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

Tuesday

Menu Subject to change due to product availability

4

Italian Dunkers

 PBJ
 Pizza

Featured Veggies:
 Steamed Carrots
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

11

Chicken Fajita on soft shells
 PBJ
 Pizza

Featured Veggies:
 Green Beans
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

18

Chicken Potpie

 PBJ
 Pizza

Featured Veggies:
 Mixed Veggies
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

25

Crunchy Tacos

 PBJ
 Pizza

Featured Veggies:
 Corn
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

Wednesday

one Breakfast and one Lunch will be provided free for all students

5

Spaghetti with garlic bread
 PBJ
 Pizza

Featured Veggies:
 Tossed Salad
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

12

Chicken Mashed Potato Bowl
 PBJ
 Pizza

Featured Veggies:
 Corn
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

19

Italian Dunkers

 PBJ
 Pizza

Featured Veggies:
 Green Beans
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

26

Oriental chicken with Rice

 PBJ
 Pizza

Featured Veggies:
 Steamed Broccoli
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

Thursday

one Breakfast and one Lunch will be provided free for all students

6

Chicken Patty Sandwich

 PBJ
 Pizza

Featured Veggies:
 Oven Fries
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

13

Cheese Steakum Sandwich

 PBJ
 Pizza

Featured Veggies:
 Oven Fries
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

20

Chicken Patty Sandwich

 PBJ
 Pizza

Featured Veggies:
 Steamed Carrots
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

27

Chicken Tenders

 PBJ
 Pizza

Featured Veggies:
 Oven Fries
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

Friday

one Breakfast and one Lunch will be provided free for all students

7

Nachos Grande

 PBJ
 Pizza

Featured Veggies:
 Corn
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

14

Pulled Pork Sandwich

 PBJ
 Pizza

Featured Veggies:
 Steamed Carrots
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

21

Cheeseburger

 PBJ
 Pizza

Featured Veggies:
 Oven Fries
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk

28

Potato and Cheese Pierogy with Alfredo
 PBJ
 Pizza

Featured Veggies:
 Steamed Carrots
 Choice of fresh veggie
 Choice of Fruit
 Choice of Milk