



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

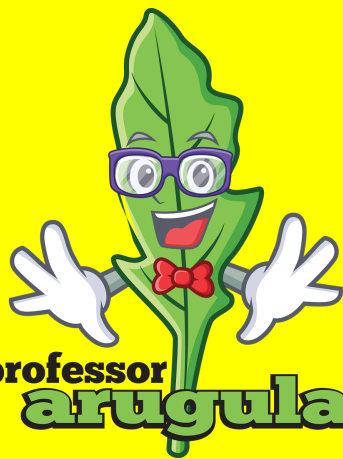
Adult \$3.60

General Cafeteria Manager

Jaime Barnard

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.



Monday

28

Tuesday

1

Wednesday

2

Thursday

3

Friday

4

Sloppy Joe Sandwich
PBJ

Chef Salad

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

Chicken Patty Sandwich
PBJ

Chef Salad

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

BBQ Pork Rib Sandwich
PBJ

Chef Salad

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

Cheese Pizza
PBJ

Chef Salad

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

Cheeseburger on Roll
PBJ

Chef Salad

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

French Toast Sticks
Sausage
PBJ
Chef Salad

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

Nachos
PBJ

Chef Salad

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

Lasagna Roll

Chef Salad

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

Ham and Cheese Pizza
PBJ

Chef Salad

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

Chicken Patty Sandwich
PBJ

Chef Salad

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

Chicken Fajita on soft tortilla
PBJ

Chef Salad

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

Ham and Cheese Sandwich
PBJ

Chef Salad

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

Chicken Tenders
PBJ

Chef Salad

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

Cheese Pizza
PBJ

Chef Salad

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

Fish Sticks
PBJ

Chef Salad

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

Chili
PBJ

Chef Salad

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

Hot Dog
Mac and Cheese
PBJ
Chef Salad

Featured Veggies:
Tomato Soup
Choice of fresh veggie
Choice of Fruit
Choice of Milk

Pepperoni Pizza
PBJ

Chef Salad

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

Chicken Tenders
PBJ

Chef Salad

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

Walking Tacos
PBJ

Chef Salad

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

Oriental Chicken with Rice
PBJ

Chef Salad

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

Ham and Cheese Sandwich
PBJ

Chef Salad

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

1
one Breakfast and
one Lunch will be provided
free for all students

Menu subject to change
Due to product Availability