

MARCH 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](mailto:jbarnard@sfsd.k12.pa.us)

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**Monday**

**28**

**Tuesday**

**1**

**Wednesday**

**2**

**Thursday**

**3**

**Friday**

**4**

Meatball  
Hoagie  
PBJ  
Chef Salad

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

Hot Turkey Sandwich  
PBJ  
Chef Salad

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

Turkey and Cheese Hoagie  
PBJ  
Chef Salad

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

Popcorn Shrimp  
PBJ  
Chef Salad

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

Chicken Patty Sandwich  
Chef Salad

**Featured Veggies:**  
Peas  
Choice of fresh veggie  
Choice of Fruit  
Choice of Milk

Pulled Pork Sandwich  
PBJ  
Chef Salad

**Featured Veggies:**  
Baked Potato  
Choice of fresh veggie  
Choice of Fruit  
Choice of Milk

Pasta Bar  
breadstick  
PBJ  
Chef Salad

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

Hot Ham and Cheese  
on Pretzel Roll  
PBJ  
Chef Salad

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

Italian Dunkers  
PBJ  
Chef Salad

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

Corn Dogs  
PBJ  
Chef Salad

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

BBQ Rib Hoagie  
PBJ  
Chef Salad

**Featured Veggies:**  
Green Beans  
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

Toasted Cheese Sandwich  
PBJ  
Chef Salad

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

Chicken Nuggets  
PBJ  
Chef Salad

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

Cheeseburger  
PBJ  
Chef Salad

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

Nachos Grande  
PBJ  
Chef Salad

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

Hot Dog  
with Mashed Potatoes  
PBJ  
Chef Salad

**Featured Veggies:**  
Sauerkraut  
Choice of fresh veggie  
Choice of Fruit  
Choice of Milk

Chicken Potpie  
PBJ  
Chef Salad

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

Fish Sandwich  
PBJ  
Chef Salad

**Featured Veggies:**  
Oven Fries  
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

Turkey and Cheese Hoagie  
PBJ  
Chef Salad

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

Chicken Mashed Potato Bowl  
PBJ  
Chef Salad

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

Ham and Cheese Roll up  
PBJ

**Featured Veggies:**  
Steamed Peas  
Choice of fresh veggie  
Choice of Fruit  
Choice of Milk