



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.
Meal components include:
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, brocol, romaine, and spring lettuce

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, appleauce, pineapple, 100% fruit juices and mandarin oranges.

All Students receive 1 free breakfast

Student Lunch Price

Full Price \$2.60

Reduced \$.40

Adult \$3.70

General Cafeteria Manager

Jaime Barnard

jbarnard@sfd.k12.ga.us

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>31 Ham and Cheese Hoagie</p> <p>PB&J Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>1 Crunchy Tacos</p> <p>PB&J Pizza</p> <p>Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>2 Oriental chicken with Rice</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>3 Chicken Tenders</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>4 Potato and Cheese Pierogy</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>7 Cheeseburger on Roll</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>8 Corn Dogs</p> <p>PB&J Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>9 Taco Bar</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>10 Chicken Nuggets</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>11 No School</p>
<p>14 Turkey and Cheese Hoagie</p> <p>PB&J Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>15 Chicken Patty Sandwich</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>16 Spaghetti with garlic bread</p> <p>PB&J Pizza</p> <p>Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>17 Nacho Grande</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>18 Pulled Pork Sandwich</p> <p>PB&J Pizza</p> <p>Featured Veggies: Cheesy Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>21 Italian Dunkers</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>22 Popcorn Shrimp</p> <p>PB&J Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>23 No School</p>	<p>24 No School</p>	<p>25 No School</p>
<p>28 No School</p>	<p>29 No School</p>	<p>30 Chicken Mashed Potato Bowl PB&J Pizza</p> <p>Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>1 Toasted Cheese Sandwich</p> <p>PB&J Pizza</p> <p>Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>2 Ravioli</p> <p>PB&J Pizza</p> <p>Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk</p>