

APRIL 2021



SOUTHERN FULTON SCHOOL ELEMENTARY APRIL 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 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

Lunch Prices
Student \$2.20
Reduced \$.40
Adult \$3.60

General Cafeteria Manager
Jaime Barnard
jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday 3/29/21	Tuesday 3/30/21	Wednesday 3/31/21	Thursday 4/1/21	Friday 4/2/21
		Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students	Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk	No School Good Friday
4/5/21 No School	4/6/21 Hot Pocket Oven Fries PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk	4/7/21 French Toast Sausage PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk	4/8/21 Walkin' Tacos PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	4/9/21 Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk
4/12/21 Chicken Patty with roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	4/13/21 Ham and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk	4/14/21 Spaghetti Garlic Bread PBJ Chef's Salad Featured Veggies: Tossed Salad Fruit Choice of Milk	4/15/21 Steakum Sandwich PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	4/16/21 Pepperoni Pizza PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk
4/19/21 Cheeseburger on roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	4/20/21 Chicken Nuggets PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk	4/21/21 Fish Patty Macaroni and Cheese PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk	4/22/21 Hamburger Helper PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk	4/23/21 Ham and Cheese Pizza PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk
4/26/21 Hot Dog on roll mashed potatoes PBJ Chef's Salad Featured Veggies: Sauerkraut Fruit Choice of Milk	4/27/21 Turkey and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk	4/28/21 Funnel cakes Bacon PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk	4/29/21 Chicken Tender Wrap PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	4/30/21 Cheese Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk
5/3/21	5/4/21	5/5/21	5/6/21	5/7/21

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