

APRIL 2021

SOUTHERN FULTON HIGH SCHOOL

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 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

Lunch Prices

Student \$2.50

Reduced \$1.40

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	Cheeseburger on Roll PBJ Chef's Salad Featured Veggies: Tater Tots Fruit Choice of Milk	No School Good Friday
4/5/21 No School	4/6/21 Fish Sandwich Macaroni and Cheese PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk	4/7/21 Chicken Chow Mein PBJ Chef's Salad Featured Veggies: Mashed Potatoes Fruit Choice of Milk	4/8/21 Walkin' Tacos PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	4/9/21 Chicken Nuggets PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk
4/12/21 French Toast Sausage PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	4/13/21 Ham and Cheese Hoagie PBJ Chef's Salad Featured Veggies: Baked Beans Fruit Choice of Milk	4/14/21 Spaghetti Garlic Breadsticks PBJ Chef's Salad Featured Veggies: Tossed Salad Fruit Choice of Milk	4/15/21 Pulled Pork BBQ PBJ Chef's Salad Featured Veggies: Baked Potato Fruit Choice of Milk	4/16/21 Chicken Fajita PBJ Chef's Salad Featured Veggies: Corn 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 Hot Turkey Sandwich PBJ Chef's Salad Featured Veggies: Mashed Potatoes Fruit Choice of Milk	4/22/21 Chicken Patty Sandwich PBJ Chef's Salad Featured Veggies: Steamed Carrots Fruit Choice of Milk	4/23/21 Nachos Grande PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk
4/26/21 Oriental Chicken with Rice PBJ Chef's Salad Featured Veggies: Broccoli Fruit Choice of Milk	4/27/21 Turkey and Cheese Hoagie PBJ Chef's Salad Featured Veggies: Baked Beans Fruit Choice of Milk	4/28/21 Hot Dog on roll mashed potatoes PBJ Chef's Salad Featured Veggies: Sauerkraut Fruit Choice of Milk	4/29/21 Meatball Hoagie PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	4/30/21 Soft Beef Taco PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk
5/3/21	5/4/21	5/5/21	5/6/21	5/7/21