



SOUTHERN FULTON SCHOOL  
ELEMENTARY NOVEMBER 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 \$2.20  
Reduced \$ .40  
Adult \$3.60  
**General Cafeteria Manager**  
Jaime Barnard  
[jbarnard@sfsd.k12.pa.us](mailto:jbarnard@sfsd.k12.pa.us)  
USDA is an equal opportunity provider and employer.

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Monday	Tuesday	Wednesday	Thursday	Pizza Friday
		Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students		
<b>2</b> Chicken Nuggets with oven fries PBJ Chef's Salad <b>Featured Veggies:</b> Carrots Juice Cup Choice of Milk	<b>3</b> French Toast Sausage PBJ Chef's Salad <b>Featured Veggies:</b> Hashbrown Orange juice cup Choice of Milk	<b>4</b> Oriental Chicken with rice PBJ Chef's Salad <b>Featured Veggies:</b> Broccoli Applesauce cup Choice of Milk	<b>5</b> Toasted Cheese Sandwich Tomato Soup PBJ Chef's Salad <b>Featured Veggies:</b> Celery Apple Slices Choice of Milk	<b>6</b> Hawaiian Pizza PBJ Chef's Salad <b>Featured Veggies:</b> Carrot Sticks Juice Cup Choice of Milk
<b>9</b> BBQ Rib Sandwich PBJ Chef's Salad <b>Featured Veggies:</b> Oven Fries Green Beans Choice of Milk	<b>10</b> Nachos Grande PBJ Chef's Salad <b>Featured Veggies:</b> Corn Juice Cup Choice of Milk	<b>11</b> No School	<b>12</b> Chicken Patty Sandwich PBJ Chef's Salad <b>Featured Veggies:</b> Green Beans Apple Slices Choice of Milk	<b>13</b> Pepperoni Pizza PBJ Chef's Salad <b>Featured Veggies:</b> Celery Sticks Applesauce Cup Choice of Milk
<b>16</b> Chili with Crackers PBJ Chef's Salad <b>Featured Veggies:</b> Tossed Salad Apple Juice Choice of Milk	<b>17</b> Chicken Tenders Oven Fries PBJ Chef's Salad <b>Featured Veggies:</b> Apple Slices Juice Cup Choice of Milk	<b>18</b> Hot Pocket PBJ Chef's Salad <b>Featured Veggies:</b> Applesauce Carrot Sticks Choice of Milk	<b>19</b> Thanksgiving Meal Sliced Turkey Dessert <b>Featured Veggies:</b> Green Beans Mashed Potato Cranberries Choice of Milk	<b>20</b> Cheese Pizza oven Fries PBJ Chef's Salad <b>Featured Veggies:</b> Cucumber Grape juice Choice of Milk
<b>23</b> Cheeseburger PBJ Chef's Salad <b>Featured Veggies:</b> Carrots Juice Cup Choice of Milk	<b>24</b> Ham and Cheese Sandwich PBJ Chef's Salad <b>Featured Veggies:</b> Celery Apple Slices Choice of Milk	<b>25</b> No School	<b>26</b> No School	<b>27</b> No School
<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>