



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 \$2.50
 Reduced \$.40
 Adult \$3.60
General Cafeteria Manager
 Jaime Barnard
jbarnard@sfsd.k12.pa.us
 USDA is an equal opportunity provider and employer.

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|--|
| | | Effective immediately until the end of the school year one Breakfast and one Lunch will be provided free for all students | | |
| 2 Chicken Nuggets with dinner roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk | 3 French Toast Sticks Sausage and Hashbrown PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk | 4 Hot Dog with sauerkraut PBJ Pizza Featured Veggies: Mashed Potato Choice of fresh veggie Choice of Fruit Choice of Milk | 5 Toasted Cheese Sandwich PBJ Pizza Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk | 6 Pulled Pork BBQ Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk |
| 9 Turkey & Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 10 Nachos Grande PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 11 No School | 12 Meatball Hoagie PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk | 13 Mini Corn Dogs PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk |
| 16 Chicken Potpie PBJ Pizza Featured Veggies: Peas Choice of fresh veggie Choice of Fruit Choice of Milk | 17 Cheese Steakum Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk | 18 Italian Dunkers PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 19 Thanksgiving Meal Sliced Turkey Stuffing Dessert Featured Veggies: Steamed Green Beans Cranberry Sauce Choice of Fruit Choice of Milk | 20 Cheeseburger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk |
| 23 Ham and Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk | 24 Crunchy Tacos PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk | 25 No School | 26 No School | 27 No School |
| 30 No School | 1 No School | 2 | 3 | 4 |