



SOUTHERN FULTON SCHOOL  
ELEMENTARY OCTOBER 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.

Monday	Tuesday	Wednesday	Thursday	Pizza Friday
Effective immediately until December 31 one Breakfast and Lunch will be provided free for all students			1 Cheese Burger with Oven Fries  Chef Salad <b>Featured Veggies:</b> Applesauce Carrots  Choice of Milk	2 Cheese Pizza  Chef Salad <b>Featured Veggies:</b> Cucumber Apple Slices  Choice of Milk
5 Chicken Nuggets with dinner roll  Chef's Salad <b>Featured Veggies:</b> Green Beans Mandarin orange cup  Choice of Milk	6 Nachos Grande  Chef's Salad <b>Featured Veggies:</b> Corn Apple slices  Choice of Milk	7 Corn Dogs  Chef's Salad <b>Featured Veggies:</b> Oven Fries Celery Peach Cup Choice of Milk	8 Ham and Cheese Sandwich  Chef's Salad <b>Featured Veggies:</b> Carrots Grapes  Choice of Milk	9 Hawaiian Pizza (Ham and Pineapple)  Chef's Salad <b>Featured Veggies:</b> Pineapple Tossed Salad  Choice of Milk
12 Turkey & Cheese Hoagie  Chef's Salad <b>Featured Veggies:</b> Baked Beans Apple Slice  Choice of Milk	13 Chicken Fajita on soft shells or  Chef's Salad <b>Featured Veggies:</b> Corn Pineapple  Choice of Milk	14 Hamburger with Oven Fries  Chef's Salad <b>Featured Veggies:</b> Celery Pear Cup  Choice of Milk	15 Cheeseburger Pizza  Chef's Salad <b>Featured Veggies:</b> Oven Fries Peach Cup  Choice of Milk	16 No School
19 Turkey and Cheese Sandwich  Chef's Salad <b>Featured Veggies:</b> Peaches Carrots  Choice of Milk	20 Cheese Steakum Sandwich Oven Fries  Chef's Salad <b>Featured Veggies:</b> Tossed Salad Pear cup  Choice of Milk	21 Pulled Pork with noodles  Chef's Salad <b>Featured Veggies:</b> Green Beans Mandarin Orange Cup  Choice of Milk	22 Chicken Patty Sandwich  Chef's Salad <b>Featured Veggies:</b> Carrots Peach Cup  Choice of Milk	23 Sausage Pizza  Chef's Salad <b>Featured Veggies:</b> Cucumber Apples Slices  Choice of Milk
26 Cheeseburger  Chef's Salad <b>Featured Veggies:</b> Tater Tots Carrots Pear Cup Choice of Milk	27 Walkin Taco  Chef's Salad <b>Featured Veggies:</b> Corn Apple Slices  Choice of Milk	28 Fish Sticks Mac and Cheese  Chef's Salad <b>Featured Veggies:</b> Celery Applesauce  Choice of Milk	29 Chicken Tenders  Chef's Salad <b>Featured Veggies:</b> Cucumber Peach Cup  Choice of Milk	30 "Ghost" Pizza (Pepperoni)  Chef's Salad <b>Featured Veggies:</b> Grapes Carrots  Choice of Milk