



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

Monday	Tuesday	Wednesday	Thursday	Friday
		Effective immediately until 12/31/20 one Breakfast and one Lunch will be provided free for all students	1 Cheese Burger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	2 Ham and Cheese on flatbread PBJ Pizza Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk
5 Chicken Nuggets with dinner roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	6 Nachos Grande PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	7 Corn Dogs PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	8 Toasted Cheese Sandwich PBJ Pizza Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	9 Pulled Pork BBQ Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
12 Turkey & Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	13 Chicken Fajita on soft shells PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	14 Chicken Mashed Potato Bowl PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	15 Meatball Hoagie PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	16 No School
19 Spaghetti with meatsauce breadstick PBJ Pizza Featured Veggies: Peas Choice of fresh veggie Choice of Fruit Choice of Milk	20 Cheese Steakum Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	21 Italian Dunkers PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	22 Chicken Patty Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	23 Cheeseburger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
26 Ham and Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	27 Crunchy Tacos PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	28 Oriental chicken with Rice PBJ Pizza Featured Veggies: Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	29 Chicken Tenders PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	30 Potato and Cheese Pierogy topped with Bacon PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk