

MARCH 2023



SOUTHERN FULTON HIGH SCHOOL

MARCH 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

**All Students receive
1 free breakfast**

Student Lunch Price

Full Price \$2.60

Reduced \$.40

Adult \$3.70

General Cafeteria Manager

Jaime Barnard

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday

27

Chicken Nuggets
with Dinner Roll
PBJ
Pizza

Featured Veggies:
Oven Fries
Choice of fresh veggie
Choice of Fruit
Choice of Milk

Tuesday

28

Ham and Cheese Hoagie

PBJ
Pizza

Featured Veggies:
Baked Beans
Choice of fresh veggie
Choice of Fruit
Choice of Milk

Wednesday

1

Oriental chicken with Rice

PBJ
Pizza

Featured Veggies:
Steamed Broccoli
Choice of fresh veggie
Choice of Fruit
Choice of Milk

Thursday

2

Spaghetti with meatsauce

Breadstick
PBJ
Pizza

Featured Veggies:
Tossed Salad
Choice of fresh veggie
Choice of Fruit
Choice of Milk

Friday

3

Crunchy Beef Tacos

PBJ
Pizza

Featured Veggies:
Corn
Choice of fresh veggie
Choice of Fruit
Choice of Milk

6

Pulled Pork BBQ
Sandwich
PBJ
Pizza

Featured Veggies:
Oven Fries
Choice of fresh veggie
Choice of Fruit
Choice of Milk

7

Hot Pocket

PBJ
Pizza

Featured Veggies:
Green Beans
Choice of fresh veggie
Choice of Fruit
Choice of Milk

8

Taco Bar

PBJ
Pizza

Featured Veggies:
Corn
Tossed Salad
Choice of Fruit
Choice of Milk

9

Chicken Potpie

PBJ
Pizza

Featured Veggies:
Choice of fresh veggie
Choice of Fruit
Choice of Milk

10

Chicken Patty
On a Roll
PBJ
Pizza

Featured Veggies:
Oven Fries
Choice of fresh veggie
Choice of Fruit
Choice of Milk

13

Lasagna

PBJ
Pizza

Featured Veggies:
Tossed Salad
Choice of fresh veggie
Choice of Fruit
Choice of Milk

14

Toasted Cheese Sandwich

PBJ
Pizza

Featured Veggies:
Tomato Soup
Choice of fresh veggie
Choice of Fruit
Choice of Milk

15

Chicken Mashed Potato
Bowl
PBJ
Pizza

Featured Veggies:
Corn
Choice of fresh veggie
Choice of Fruit
Choice of Milk

16

Sausage Gravy
with Biscuits
PBJ
Pizza

Featured Veggies:
Tater Tots
Choice of fresh veggie
Choice of Fruit
Choice of Milk

17

Meatball Hoagie

PBJ
Pizza

Featured Veggies:
Green Beans
Choice of fresh veggie
Choice of Fruit
Choice of Milk

20

Popcorn Chicken
with dinner roll
PBJ
Pizza

Featured Veggies:
Oven Fries
Choice of fresh veggie
Choice of Fruit
Choice of Milk

21

Ham and Cheese Hoagie

PBJ
Pizza

Featured Veggies:
Baked Beans
Choice of fresh veggie
Choice of Fruit
Choice of Milk

22

Salisbury Steak

PBJ
Pizza

Featured Veggies:
Mashed Potatoes
Choice of fresh veggie
Choice of Fruit
Choice of Milk

23

Crunchy Beef Tacos

PBJ
Pizza

Featured Veggies:
Corn
Choice of fresh veggie
Choice of Fruit
Choice of Milk

24

Mini Corn Dogs

PBJ
Pizza

Featured Veggies:
Oven Fries
Choice of fresh veggie
Choice of Fruit
Choice of Milk

27

Chicken Tender

PBJ
Pizza

Featured Veggies:
Oven Fries
Choice of fresh veggie
Choice of Fruit
Choice of Milk

28

Fish Sticks
Macaroni and Cheese
PBJ
Pizza

Featured Veggies:
Corn
Choice of fresh veggie
Choice of Fruit
Choice of Milk

29

Hot Dog on Roll

PBJ
Pizza

Featured Veggies:
Sauerkraut
Mashed Potatoes
Choice of Fruit
Choice of Milk

30

Chili
with Corn bread
PBJ
Pizza

Featured Veggies:
Choice of fresh veggie
Choice of Fruit
Choice of Milk

31

Italian Dunks
with sauce
PBJ
Pizza

Featured Veggies:
Steamed Carrots
Choice of fresh veggie
Choice of Fruit
Choice of Milk