

APRIL 2021



SOUTHERN FULTON SCHOOL
ELEMENTARY APRIL 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
Meal 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
USDA is an equal opportunity provider and employer.

| Monday 3/29/2021 | Tuesday 3/30/2021 | Wednesday 3/31/2021 | Thursday 4/1/2021 | Friday 4/2/2021 |
|---|---|--|---|--|
| | | Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students | Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk | No School Good Friday |
| 4/5/2021 No School | 4/6/2021 Hot Pocket Oven Fries PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk | 4/7/2021 French Toast Sausage PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk | 4/8/2021 Walkin' Tacos PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk | 4/9/2021 Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk |
| 4/12/2021 Chicken Patty with roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk | 4/13/2021 Ham and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk | 4/14/2021 Spaghetti Garlic Bread PBJ Chef's Salad Featured Veggies: Tossed Salad Fruit Choice of Milk | 4/15/2021 Steakum Sandwich PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk | 4/16/2021 Pepperoni Pizza PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk |
| 4/19/2021 Cheeseburger on roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk | 4/20/2021 Chicken Nuggets PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk | 4/21/2021 Fish Patty Macaroni and Cheese PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk | 4/22/2021 Hamburger Helper PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk | 4/23/2021 Ham and Cheese Pizza PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk |
| 4/26/2021 Hot Dog on roll mashed potatoes PBJ Chef's Salad Featured Veggies: Sauerkraut Fruit Choice of Milk | 4/27/2021 Turkey and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk | 4/28/2021 Funnel cakes Bacon PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk | 4/29/2021 Chicken Tender Wrap PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk | 4/30/2021 Cheese Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk |
| 5/3/2021 | 5/4/2021 | 5/5/2021 | 5/6/2021 | 5/7/2021 |

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