

APRIL 2021



SOUTHERN FULTON HIGH SCHOOL
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
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 \$4.40
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	Cheeseburger on Roll PBJ Chef's Salad Featured Veggies: Tater Tots Fruit Choice of Milk	No School Good Friday
4/5/2021 No School	4/6/2021 Fish Sandwich Macaroni and Cheese PBJ Chef's Salad Featured Veggies: Carrot Sticks Fruit Choice of Milk	4/7/2021 Chicken Chow Mein PBJ Chef's Salad Featured Veggies: Mashed Potatoes Fruit Choice of Milk	4/8/2021 Walkin' Tacos PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	4/9/2021 Chicken Nuggets PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk
4/12/2021 French Toast Sausage PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	4/13/2021 Ham and Cheese Hoagie PBJ Chef's Salad Featured Veggies: Baked Beans Fruit Choice of Milk	4/14/2021 Spaghetti Garlic Breadsticks PBJ Chef's Salad Featured Veggies: Tossed Salad Fruit Choice of Milk	4/15/2021 Pulled Pork BBQ PBJ Chef's Salad Featured Veggies: Baked Potato Fruit Choice of Milk	4/16/2021 Chicken Fajita PBJ Chef's Salad Featured Veggies: Corn 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 Hot Turkey Sandwich PBJ Chef's Salad Featured Veggies: Mashed Potatoes Fruit Choice of Milk	4/22/2021 Chicken Patty Sandwich PBJ Chef's Salad Featured Veggies: Steamed Carrots Fruit Choice of Milk	4/23/2021 Nachos Grande PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk
4/26/2021 Oriental Chicken with Rice PBJ Chef's Salad Featured Veggies: Broccoli Fruit Choice of Milk	4/27/2021 Turkey and Cheese Hoagie PBJ Chef's Salad Featured Veggies: Baked Beans Fruit Choice of Milk	4/28/2021 Hot Dog on roll mashed potatoes PBJ Chef's Salad Featured Veggies: Sauerkraut Fruit Choice of Milk	4/29/2021 Meatball Hoagie PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	4/30/2021 Soft Beef Taco PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk
5/3/2021	5/4/2021	5/5/2021	5/6/2021	5/7/2021