



SOUTHERN FULTON SCHOOL
ELEMENTARY DECEMBER 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

Full price Elementary lunch \$2.30

Reduced .40

Please fill out meal application to see if you qualify for free meals.



General Cafeteria Manager
Jaime Barnard

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday 28	Tuesday 29	Wednesday 30	Thursday 1	Friday! 2
No School	No School	Pulled Pork Sandwich PB&J Chef's Salad Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	Toasted Cheese Sandwich PB&J Chef's Salad Featured Veggies: Vegetable Soup Carrot Sticks Choice of Fruit Choice of Milk	Cheese Pizza PB&J Chef's Salad Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk
5 Cheeseburger on Roll PB&J Chef Salad Featured Veggies: Oven Fries Celery Sticks Choice of Fruit Choice of Milk	6 Corn Dogs PB&J Chef's Salad Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk	7 Chicken Nuggets PB&J Chef's Salad Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk	8 Waffles with sausage PB&J Chef's Salad Featured Veggies: Hashbrown Patty Orange Juice Choice of Fruit Choice of Milk	9 Pepperoni Pizza PB&J Chef's Salad Featured Veggies: Corn Mixed Fruit Choice of Fruit Choice of Milk
12 Italian Sausage on a Hoagie Roll PB&J Chef's Salad Featured Veggies: Baked Beans Cucumber Slices Choice of Fruit Choice of Milk	13 Chicken Patty Sandwich or PB&J Chef's Salad Featured Veggies: Oven Fries Mixed Vegetables Choice of Fruit Choice of Milk	14 Baked Ziti with garlic bread PB&J Chef's Salad Featured Veggies: Tossed Salad Celery Sticks Choice of Fruit Choice of Milk	15 Nacho Grande PB&J Chef's Salad Featured Veggies: Corn Carrot Sticks Choice of Fruit Choice of Milk	16 Cheese Pizza PB&J Chef's Salad Featured Veggies: Cheesy Broccoli Cauliflower Choice of Fruit Choice of Milk
19 Chicken Tenders PB&J Chef's Salad Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	20 Christmas Meal Sliced Ham Scalloped Potatoes Buttered Noodles Pudding Pie Dinner Roll Green Beans Fresh Veggie Choice of Fruit Choice of Milk	21 Hot Pockets PB&J Chef's Salad Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk	22 Hot Dogs PB&J Chef's Salad Featured Veggies: Oven Fries Carrot Sticks Choice of Fruit Choice of Milk	23 Early Dismissal Pepperoni Pizza PB&J Chef's Salad Featured Veggies: Steamed Corn Cauliflower Choice of Fruit Choice of Milk
26 No School	27 No School	28 No School	29 No School	30 No School