



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

General Cafeteria Manager

Jaime Barnard

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Full price High School lunch \$2.60

Reduced .40

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



Monday	Tuesday	Wednesday	Thursday	Friday!
28 No School	29 No School	30 Chicken Mashed Potato Bowl PB&J Pizza Featured Veggies: Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk	1 Toasted Cheese Sandwich PB&J Pizza Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	2 Ravioli PB&J Pizza Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk
5 Cheeseburger on Roll or PB&J Pizza Featured Veggies: Oven Fries Celery Sticks Choice of Fruit Choice of Milk	6 Corn Dogs or PB&J Pizza Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk	7 Chili with corn bread or PB&J Pizza Featured Veggies: Fresh Vegetables Cauliflower Choice of Fruit Choice of Milk	8 Oriental Chicken with Rice PB&J Pizza Featured Veggies: Steamed Broccoli Fresh Vegetable Choice of Fruit Choice of Milk Choice of Milk	9 Meatball Hoagies or PB&J Pizza Featured Veggies: Corn Mixed Fruit Choice of Fruit Choice of Milk
12 Chicken Tenders or PB&J Pizza Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	13 Fish Sticks Macaroni and Cheese or PB&J Pizza Featured Veggies: Steamed Peas Mixed Vegetables Choice of Fruit Choice of Milk	14 Ham and Cheese on Pretzel Roll or PB&J Pizza Featured Veggies: Cheesy Broccoli Cucumber Slices Choice of Fruit Choice of Milk	15 Christmas Meal Sliced Ham Scalloped Potatoes Steamed Green Beans Buttered Noodles Pudding Pies Choice of Fruit Choice of Milk	16 Hot Dog on Roll or PB&J Pizza Featured Veggies: Baked Beans Cucumber Slices Choice of Fruit Choice of Milk
19 Chicken Patty Sandwich PB&J Pizza Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk	20 Ham & Cheese Hoagie or PB&J Pizza Featured Veggies: Baked Beans Mixed Vegetables Choice of Fruit Choice of Milk	21 Steakum on Roll PB&J Pizza Featured Veggies: Green Beans Cucumber Slices Choice of Fruit Choice of Milk	22 Chicken and Waffles PB&J Pizza Featured Veggies: Steamed Vegetable Carrot Sticks Choice of Fruit Choice of Milk	23 Early Dismissal Pizza Featured Veggies: Steamed Vegetable Fresh Vegetable Choice of Fruit Choice of Milk
26 No School	27 No School	28 No School	29 No School	30 No School