

DECEMBER 2021



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

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	Tuesday	Wednesday	Thursday	Friday
		Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students		
29 No School	30 No School	1 Chicken Patty Sandwich PBJ Chef's Salad Featured Veggies: Green Beans Juice Cup Choice of Milk	2 Chicken Mashed Potato Bowl PBJ Chef's Salad Featured Veggies: Corn Applesauce Choice of Milk	3 Cheese Pizza PBJ Chef's Salad Featured Veggies: Oven Fries Juice Cup Choice of Milk
6 Chicken Tenders PBJ Chef's Salad Featured Veggies: Carrots Appleslices Choice of Milk	7 Cheeseburger on Roll PBJ Chef's Salad Featured Veggies: Cucumber Apple Slices Choice of Milk	8 Hot Pocket PBJ Chef's Salad Featured Veggies: Oven Fries Corn Choice of Milk	9 Holiday Meal Sliced Turkey Stuffing and Gravy Pudding Pie Featured Veggies: Mashed Potatoes Corn Choice of Milk	10 Pepperoni Pizza PBJ Chef's Salad Featured Veggies: Cucumber Apple Slices Choice of Milk
13 Hot Turkey Sandwich PBJ Chef's Salad Featured Veggies: Green Beans Fruit Choice Choice of Milk	14 Hot Dog with Mac and Cheese PBJ Chef's Salad Featured Veggies: Broccoli AppleSauce Choice of Milk	15 Nachos Grande PBJ Chef's Salad Featured Veggies: Corn Juice Cup Choice of Milk	16 BBQ Rib Sandwich PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice Choice of Milk	17 Ham and Cheese Pizza PBJ Chef's Salad Featured Veggies: Carrots Juice Cup Choice of Milk
20 Chicken Patty on Roll PBJ Chef's Salad Featured Veggies: Oven Fries Juice Cup Choice of Milk	21 Chili with Soft Pretzel PBJ Chef's Salad Featured Veggies: Tossed Salad Juice Cup Choice of Milk	22 Cheeseburger on Roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice Choice of Milk	23 Early Dismissal Pizza PBJ Chef's Salad Featured Veggies: Celery Apple Slices Choice of Milk	24 No School Merry Christmas