

March 2020



SOUTHERN FULTON SCHOOL DISTRICT  
ELEMENTARY 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

**Daily Fruit Selection May Include:**  
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**Daily Entree Options may include:**  
Smuckers PB&J Sandwich

**Daily Salad may include of the following**  
Grilled Chicken Salad  
Crispy Chicken Salad  
Romaine Garden Salad  
Oriental Chicken Salad  
Garden Salad  
Chef Salad

**Menu Subject to Change**



Lunch Prices  
Student \$2.10  
Reduced \$5.40  
Adult \$3.50

Jaime Barnard, Cafeteria Manager

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USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> Cheese Burger On a Bun or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b> Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>3</b> Oriental Chicken with rice or Club Salad</p> <p><b>Featured Veggies:</b> Celery Sticks Cheesy Broccoli Choice of Fruit Choice of Milk</p>	<p><b>4</b> Hot Ham and Cheese On a Pretzel Roll or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Celery Sticks Baked Beans Choice of Fruit Choice of Milk</p>	<p><b>5</b> BBQ Rib Sandwich or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Green Beans Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p><b>6</b> Pepperoni Pizza or Club Salad</p> <p><b>Featured Veggies:</b> Baby Carrots Oven Fries Choice of Fruit Choice of Milk</p>
<p><b>9</b> Chicken Patty On a Roll or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>10</b> Spaghetti with meatsauce breadstick or Turkey and Cheese Salad</p> <p><b>Featured Veggies:</b> Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>11</b> Chicken Alfredo with a Dinner Roll or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Steamed Peas Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>12</b> Steakum Sandwich or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>13</b> Cheese Pizza or Club Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p><b>16</b> Chili with soft pretzel or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Celery Sticks Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>17</b> Chicken and Waffles or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>18</b> Nachos or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>19</b> Chicken Nuggets with a Dinner Roll or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>20</b> No School Act 80 Day</p>
<p><b>23</b> Chicken Tenders with a Dinner Roll or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>24</b> Fish Sticks Macaroni and Cheese or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b> Steamed Peas Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>25</b> Chicken Fajita or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>26</b> Cheeseburger on roll or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b> Celery Sticks Oven Fries Choice of Fruit Choice of Milk</p>	<p><b>27</b> Pepperoni Hot Pocket or Club Salad</p> <p><b>Featured Veggies:</b> Baby Carrots Steamed Corn Choice of Fruit Choice of Milk</p>
<p><b>30</b> Fish Sticks or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b> Oven Fries Fresh Broccoli Choice of Fruit Choice of Milk</p>	<p><b>31</b> Chicken Mashed Potato Bowl or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b> Steamed Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>