

MARCH 2021



SOUTHERN FULTON SCHOOL ELEMENTARY MARCH 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		
1 Turkey and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	2 Hot dog on roll Oven Fries PBJ Chef's Salad Featured Veggies: Sauerkraut Fruit Choice of Milk	3 Chicken Patty Sandwich Oven Fries PBJ Chef's Salad Featured Veggies: Green Beans Fruit Choice of Milk	4 Nacho Grande PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5 Cheeseburger on roll Oven Fries PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk
8 Chicken Tenders with roll PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	9 Ham and Cheese on Flatbread Oven Fries PBJ Chef's Salad Featured Veggies: Green Beans Fruit Choice of Milk	10 BBQ Rib Sandwich Oven Fries PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	11 Chili with roll PBJ Chef's Salad Featured Veggies: Tossed Salad Fruit Choice of Milk	12 Pepperoni Pizza PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk
15 Chicken Tenders Oven Fries PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	16 Oriental Chicken with rice PBJ Chef's Salad Featured Veggies: Broccoli Fruit Choice of Milk	17 Turkey and cheese hoagie PBJ Chef's Salad Featured Veggies: Cucumber Fruit Choice of Milk	18 Pulled Pork Sandwich PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk	19 Ham and Cheese Pizza PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk
22 Ham and Cheese Hoagie PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	23 Cheeseburger Oven Fries PBJ Chef's Salad Featured Veggies: Green Beans Fruit Choice of Milk	24 Cheese Pizza PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	25 Chicken Nuggets with roll PBJ Chef's Salad Featured Veggies: Green Beans Fruit Choice of Milk	26 Hot Pocket PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk