

# November 2019



## 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 \$.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
				1 Cheese Pizza  or Club Salad  <b>Featured Veggies:</b> Oven Fries Baby Carrots Choice of Fruit Choice of Milk
4 Chicken Nuggets with a Dinner Roll or Turkey Bacon Salad  <b>Featured Veggies:</b> Oven Fries Red Pepper Strips Choice of Fruit Choice of Milk	5 Nacho Grande Tortilla Chips or Grilled Chicken Salad  <b>Featured Veggies:</b> Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	6 Chicken Chow Mein with a Dinner Roll or Ham and Cheese Salad  <b>Featured Veggies:</b> Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	7 Chili Soft Pretzel or Grilled Chicken Salad  <b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk	8 italian Dunkers or Crispy Chicken Salad  <b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk
11  NO SCHOOL	12 Hamburger on Roll or Grilled Chicken Salad  <b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk	13 Chicken Salad Sandwich or Crispy Chicken Salad  <b>Featured Veggies:</b> Chicken Noodle Soup Baby Carrots Choice of Fruit Choice of Milk	14 Chicken Fajita On a Soft Tortilla or Oriental Chicken Salad  <b>Featured Veggies:</b> Green Beans Cauliflower Choice of Fruit Choice of Milk	15 Pepperoni Pizza or Club Salad  <b>Featured Veggies:</b> Baby Carrots Tater Tots Choice of Fruit Choice of Milk
18 Hot Dog On a Bun or Turkey Bacon Salad  <b>Featured Veggies:</b> Mashed Potatoes Sauerkraut Choice of Fruit Choice of Milk	19 Cheese Pizza or Grilled Chicken Salad  <b>Featured Veggies:</b> Steamed Corn Green Pepper Strips Choice of Fruit Choice of Milk	20 Sliced Turkey Homemade Stuffing Cranberry Sauce Mashed Potatoes Gravy  <b>Featured Veggies:</b> Green Beans Fresh Vegetables Choice of Fruit Choice of Milk	21 Beef Tacos or Grilled Chicken Salad  <b>Featured Veggies:</b> Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	22 Sweet and Sour Chicken Over Rice or Crispy Chicken Salad  <b>Featured Veggies:</b> Steamed Broccoli Celery Sticks with Ranch Choice of Fruit Choice of Milk
25 Mini Corn Dogs or Crispy Chicken Salad  <b>Featured Veggies:</b> Oven Fries Cherry Tomatoes Choice of Fruit Choice of Milk	26 Chicken Pot Pie or Grilled Chicken Salad  <b>Featured Veggies:</b> Green Beans Fresh Broccoli Choice of Fruit Choice of Milk	27  NO SCHOOL	28  NO SCHOOL  <b>Happy Thanksgiving</b>	29  NO SCHOOL