



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	Pizza Friday
<p>Effective immediately until December 31 one Breakfast and Lunch will be provided free for all students</p>			<p>1 Cheese Burger with Oven Fries</p> <p>Chef Salad Featured Veggies: Applesauce Carrots</p> <p>Choice of Milk</p>	<p>2 Cheese Pizza</p> <p>Chef Salad Featured Veggies: Cucumber Apple Slices</p> <p>Choice of Milk</p>
<p>5 Chicken Nuggets with dinner roll</p> <p>Chef's Salad Featured Veggies: Green Beans Mandarin orange cup</p> <p>Choice of Milk</p>	<p>6 Nachos Grande</p> <p>Chef's Salad Featured Veggies: Corn Apple slices</p> <p>Choice of Milk</p>	<p>7 Corn Dogs</p> <p>Chef's Salad Featured Veggies: Oven Fries Celery Peach Cup Choice of Milk</p>	<p>8 Ham and Cheese Sandwich</p> <p>Chef's Salad Featured Veggies: Carrots Grapes</p> <p>Choice of Milk</p>	<p>9 Hawaiian Pizza (Ham and Pineapple)</p> <p>Chef's Salad Featured Veggies: Pineapple Tossed Salad</p> <p>Choice of Milk</p>
<p>12 Turkey & Cheese Hoagie</p> <p>Chef's Salad Featured Veggies: Baked Beans Apple Slice</p> <p>Choice of Milk</p>	<p>13 Chicken Fajita on soft shells or</p> <p>Chef's Salad Featured Veggies: Corn Pineapple</p> <p>Choice of Milk</p>	<p>14 Hamburger with Oven Fries</p> <p>Chef's Salad Featured Veggies: Celery Pear Cup</p> <p>Choice of Milk</p>	<p>15 Cheeseburger Pizza</p> <p>Chef's Salad Featured Veggies: Oven Fries Peach Cup</p> <p>Choice of Milk</p>	<p>16 No School</p>
<p>19 Turkey and Cheese Sandwich</p> <p>Chef's Salad Featured Veggies: Peaches Carrots</p> <p>Choice of Milk</p>	<p>20 Cheese Steakum Sandwich Oven Fries</p> <p>Chef's Salad Featured Veggies: Tossed Salad Pear cup</p> <p>Choice of Milk</p>	<p>21 Pulled Pork with noodles</p> <p>Chef's Salad Featured Veggies: Green Beans Mandarin Orange Cup</p> <p>Choice of Milk</p>	<p>22 Chicken Patty Sandwich</p> <p>Chef's Salad Featured Veggies: Carrots Peach Cup</p> <p>Choice of Milk</p>	<p>23 Sausage Pizza</p> <p>Chef's Salad Featured Veggies: Cucumber Apples Slices</p> <p>Choice of Milk</p>
<p>26 Cheeseburger</p> <p>Chef's Salad Featured Veggies: Tater Tots Carrots Pear Cup Choice of Milk</p>	<p>27 Walkin Taco</p> <p>Chef's Salad Featured Veggies: Corn Apple Slices Choice of Milk</p>	<p>28 Fish Sticks Mac and Cheese</p> <p>Chef's Salad Featured Veggies: Celery Applesauce Choice of Milk</p>	<p>29 Chicken Tenders</p> <p>Chef's Salad Featured Veggies: Cucumber Peach Cup Choice of Milk</p>	<p>30 "Ghost" Pizza (Pepperoni)</p> <p>Chef's Salad Featured Veggies: Grapes Carrots Choice of Milk</p>