

October 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**  
Meal or meal 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  |
|--|---|---|--|---|
| <p><b>30</b><br/>Chicken Nuggets with a Dinner Roll or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Tater Tots<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                     | <p><b>1</b><br/>Italian Dunkers with Sauce or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Tossed Salad<br/>Green Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>2</b><br/>Macaroni And Cheese<br/>Oven Baked Fish or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b><br/>Steamed Peas<br/>Celery Sticks<br/>Choice of Fruit<br/>Choice of Milk</p>       | <p><b>3</b><br/>Chicken Fajita On a Soft Tortilla or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Corn<br/>Fresh Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p>                   | <p><b>4</b><br/>Mini Corn Dogs or Club Salad</p> <p><b>Featured Veggies:</b><br/>Cherry Tomatoes<br/>Potato Wedges<br/>Choice of Fruit<br/>Choice of Milk</p>                 |
| <p><b>7</b><br/>Breakfast For Lunch<br/>French Toast with sausage<br/>Crispy Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Hash brown<br/>Red Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>8</b><br/>Cheese Burger On a Bun or Taco Salad</p> <p><b>Featured Veggies:</b><br/>Baked Beans<br/>Celery Sticks<br/>Choice of Fruit<br/>Choice of Milk</p>                       | <p><b>9</b><br/>Spaghetti with meat sauce<br/>breadstick or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Tossed Salad<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>10</b><br/>Toasted Cheese Sandwich or Oriental Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Tomato Soup<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>                             | <p><b>11</b><br/>Chicken Patty Sandwich or Club Salad</p> <p><b>Featured Veggies:</b><br/>Sweet Potato Fries<br/>Red Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p> |
| <p><b>14</b><br/>Turkey and Cheese Hoagie or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Celery Sticks<br/>Baked Beans<br/>Choice of Fruit<br/>Choice of Milk</p>                             | <p><b>15</b><br/>Mini Corn Dogs or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Steamed Carrots<br/>Green Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p>         | <p><b>16</b><br/>Chicken Fajita or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b><br/>Corn<br/>Carrot Sticks<br/>Choice of Fruit<br/>Choice of Milk</p>                                     | <p><b>17</b><br/>Hot Dog on Roll or Oriental Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Cauliflower<br/>Choice of Fruit<br/>Choice of Milk</p>                                       | <p><b>18</b><br/>No School</p>  |
| <p><b>21</b><br/>Chicken Tenders with a Dinner Roll or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Cucumber Slices<br/>Choice of Fruit<br/>Choice of Milk</p>                    | <p><b>22</b><br/>Cheese Burger On a Bun or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Sweet Potato Fries<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p>     | <p><b>23</b><br/>Chicken Mashed Potato Bowl or Ham and Cheese Salad</p> <p><b>Featured Veggies:</b><br/>Corn<br/>Cherry Tomatoes<br/>Choice of Fruit<br/>Choice of Milk</p>                       | <p><b>24</b><br/>Breakfast For Lunch<br/>French Toast with sausage<br/>Crispy Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Hashbrown<br/>Red Pepper Strips<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>25</b><br/>Cheeseburger or Club Salad</p> <p><b>Featured Veggies:</b><br/>Baby Carrots<br/>Oven Fries<br/>Choice of Fruit<br/>Choice of Milk</p>                        |
| <p><b>28</b><br/>BBQ Rib Sandwich or Turkey Bacon Salad</p> <p><b>Featured Veggies:</b><br/>Green Beans<br/>Fresh Broccoli<br/>Choice of Fruit<br/>Choice of Milk</p>                                      | <p><b>29</b><br/>Hot Ham and Cheese on pretzel roll or Grilled Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Oven Fries<br/>Baby Carrots<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>30</b><br/>Spaghetti with meat sauce<br/>Garlic Bread or Crispy Chicken Salad</p> <p><b>Featured Veggies:</b><br/>Celery Sticks<br/>Tossed Salad<br/>Choice of Fruit<br/>Choice of Milk</p> | <p><b>31</b><br/>Nachos Grande with a Dinner Roll or Club Salad</p> <p><b>Featured Veggies:</b><br/>Baby Carrots<br/>Corn<br/>Choice of Fruit<br/>Choice of Milk</p>                                       | <p><b>1</b><br/>Cheese Pizza or Club Salad</p> <p><b>Featured Veggies:</b><br/>Baby Carrots<br/>Oven Fries<br/>Choice of Fruit<br/>Choice of Milk</p>                         |