



**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

**All Students receive  
 1 free breakfast  
 Paid Lunch 2.30  
 Reduced Lunch .40**  
 Adult \$3.70  
**General Cafeteria Manager**  
 Jaime Barnard  
[jbarnard@sfsd.k12.pa.us](mailto:jbarnard@sfsd.k12.pa.us)  
 USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>30</b> Ham and Cheese Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>31</b> Chicken Alfredo Over Noodles PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	<b>1</b> <b>Sloppy Joe Sandwich</b>  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	<b>2</b> Hot Dog on a Roll  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>3</b> Cheese Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk
<b>6</b> Chicken Nuggets with dinner roll PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>7</b> Nachos Grande  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	<b>8</b> Cheeseburger on Roll  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk	<b>9</b> Chicken and Waffles  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk	<b>10</b> Pepperoni Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
<b>13</b> Chicken Fajita on soft shells  PBJ Cooks Fresh Salad <b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>14</b> Turkey and Cheese Hoagie  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>15</b> Chicken Mashed Potato Bowl PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	<b>16</b> Cheese Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Cheesy Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	<b>17</b>          No School
<b>20</b> BBQ Rib Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Peas Choice of fresh veggie Choice of Fruit Choice of Milk	<b>21</b> Chicken Tenders  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>22</b> Pizza Burger  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk	<b>23</b> Chicken Patty Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	<b>24</b> Pepperoni Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk
<b>27</b> Steakums  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	<b>28</b> Spaghetti with meatsauce Breadstick PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	<b>1</b> Oriental chicken with Rice  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	<b>2</b> Ham and Cheese Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	<b>3</b> Cheese Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk