

March 2020



**SOUTHERN FULTON SCHOOL DISTRICT  
HIGH SCHOOL 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 \$2.40  
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>2</b> Mini Corn Dogs or Sloppy Joe Sandwich <b>Featured Veggies:</b> Steamed Green Beans Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>3</b> Oriental Chicken with rice or Salad Bar <b>Featured Veggies:</b> Steamed Broccoli Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>4</b> Taco Bar or Chicken Patty Sandwich <b>Featured Veggies:</b> Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>5</b> French Toast Sticks Sausage or Salad Bar <b>Featured Veggies:</b> Hash Brown Patty Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>6</b> Toasted Cheese Sandwich or Hot Ham and Cheese on Pretzel roll <b>Featured Veggies:</b> Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk</p>
<p><b>9</b> Pork Rib BBQ Sandwich or Pizza Burger <b>Featured Veggies:</b> Steamed Carrots Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>10</b> Cheese Burger On a Bun or Salad Bar <b>Featured Veggies:</b> Oven Fries Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>11</b> Homemade Ham and Cheese Rollup or Grilled Chicken Patty Sandwich <b>Featured Veggies:</b> Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>12</b> Lasagna with breadstick or Salad Bar <b>Featured Veggies:</b> Tossed Salad Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>13</b> Hot Dog with roll or Steakum Sandwich <b>Featured Veggies:</b> Baked Potato Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>16</b> Chicken Tenders with a Dinner Roll or Chicken Patty Sandwich <b>Featured Veggies:</b> Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>17</b> Cheese Burger On a Bun or Salad Bar <b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>18</b> Pasta Bar with breadsticks or Pepperoni and Cheese on Flatbread <b>Featured Veggies:</b> Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>19</b> Chicken Potpie or Salad Bar <b>Featured Veggies:</b> Cauliflower Choice of Fruit Choice of Milk</p>	<p><b>20</b> No School Act 80 Day</p>
<p><b>23</b> Hot Ham and Cheese On a Pretzel Roll or Grilled Chicken Patty Sandwich <b>Featured Veggies:</b> Cheesy Broccoli Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>24</b> Turkey and Cheese Hoagie or Salad Bar <b>Featured Veggies:</b> Baked Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>25</b> Chicken Mashed Potato Bowl or Cheeseburger on a Roll <b>Featured Veggies:</b> Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p><b>26</b> Fish Sandwich Macaroni and Cheese or Salad Bar <b>Featured Veggies:</b> Steamed Peas Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>27</b> Italian Dunkers or Chicken and Waffles <b>Featured Veggies:</b> Steamed Carrots Fresh Cauliflower Choice of Fruit Choice of Milk</p>
<p><b>30</b> Chicken Patty On a Roll or Ham and Cheese on Flatbread <b>Featured Veggies:</b> Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>31</b> Mini corn dogs or Salad Bar <b>Featured Veggies:</b> Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>