

November
2019



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



**BONGO
BLUEBERRIES**

Lunch Prices
Student \$2.40
Reduced \$.40
Adult \$3.50

Jaime Barnard, Cafeteria Manager

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Italian Dunkers with Sauce or Grilled Chicken Patty Sandwich Featured Veggies: Green Peas Red Pepper Strips Choice of Fruit Choice of Milk</p>
<p>4 Chicken Nuggets with a Dinner Roll or Philly cheese Steak Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>5 Pulled Pork Sandwich or Salad Bar Featured Veggies: Baked Potato Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>6 Chicken Mash Potato Bowl with a Dinner Roll or Hot Ham and Cheese on Pretzel Roll Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>7 Toasted Cheese Sandwich or Salad Bar Featured Veggies: Tomato Soup Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>8 Chicken Patty On a Roll or Ham and Cheese Hoagie Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>11 No School</p>	<p>12 Chicken Chow Mein or Salad Bar Featured Veggies: Mashed Potatoes Baby Carrots Choice of Fruit Choice of Milk</p>	<p>13 Pasta Bar or Chicken and Waffles Featured Veggies: Steamed Peas Cherry Tomatoes Choice of Fruit Choice of Milk</p>	<p>14 Oriental Chicken Over Rice or Salad Bar Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk</p>	<p>15 Cheese Lasagna breadstick or Chicken Patty Sandwich Featured Veggies: Tossed Salad Cherry Tomatoes Choice of Fruit Choice of Milk</p>
<p>18 Fish Sandwich Macaroni and Cheese or Cheeseburger On a Bun Featured Veggies: Steamed Peas Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>19 Chicken Tenders with a Dinner Roll or Salad Bar Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>20 Sliced Turkey Homemade Stuffing Cranberry Sauce Mashed Potatoes Gravy Featured Veggies: Green Beans Fresh Vegetables Choice of Fruit Choice of Milk</p>	<p>21 Hot Dog or Salad Bar Featured Veggies: Baked Beans Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>22 Cheese Burger On a Bun or Ham and Cheese on Flatbread Featured Veggies: Sweet Potato Fries Baby Carrots Choice of Fruit Choice of Milk</p>
<p>25 Pulled Pork Sandwich or Soup and Sandwich Featured Veggies: Steamed Carrots Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p>26 Mini Corn Dogs or Salad Bar Featured Veggies: Oven Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>27 No School</p>	<p>28 Happy Thanksgiving No School</p>	<p>29 No School</p>