



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 \$2.50
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	Friday
		Effective immediately until 12/31/2020 one Breakfast and one Lunch will be provided free for all students	1 Cheese Burger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	2 Ham and Cheese on flatbread PBJ Pizza Featured Veggies: Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk
5 Chicken Nuggets with dinner roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	6 Nachos Grande PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	7 Corn Dogs PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	8 Toasted Cheese Sandwich PBJ Pizza Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	9 Pulled Pork BBQ Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
12 Turkey & Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	13 Chicken Fajita on soft shells PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	14 Chicken Mashed Potato Bowl PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	15 Meatball Hoagie PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	16 No School
19 Spaghetti with meatsauce breadstick PBJ Pizza Featured Veggies: Peas Choice of fresh veggie Choice of Fruit Choice of Milk	20 Cheese Steakum Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	21 Italian Dunkers PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	22 Chicken Patty Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	23 Cheeseburger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
26 Ham and Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	27 Crunchy Tacos PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	28 Oriental chicken with Rice PBJ Pizza Featured Veggies: Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	29 Chicken Tenders PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	30 Potato and Cheese Pierogy topped with Bacon PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk