

SOUTHERN FULTON HIGH SCHOOL SEPTEMBER LUNCH MENU

Grill Day Every Thursday!



	MONDAY 31	TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4
cheffresh <small>fresh • made • goodness • to • go</small>	7	Entrée Italian Dunkers with Marinara Diopina Sauce PBJ Pizza FEATURED VEGGIES Steamed Green Beans Side Caesar Salad Featured Fruit Choice of Milk 8	Entrée County Fair Corn Dog PBJ Pizza FEATURED VEGGIES Baked Potato w/ Toppings Steamed Mixed Veggies Featured Fruit Choice of Milk 9	GRILL DAY Chicken Fajitas in Soft Tortilla PBJ Pizza FEATURED VEGGIES Ranch refried Bean Dip Fresh Pico De Gallo Featured Fruit Choice of Milk 10	Entrée NO SCHOOL 11
cheffresh <small>fresh • made • goodness • to • go</small>	14	Entrée NO SCHOOL 15	Entrée Chicken Nuggets PBJ Pizza FEATURED VEGGIES Oven Fries celery sticks Featured Fruit Choice of Milk 16	GRILL DAY Cheeseburger PBJ Pizza FEATURED VEGGIES Baked Potato w/ Fixings Baby Carrots Featured Fruit Choice of Milk 17	Entrée Chicken Patty Sandwich PBJ Pizza FEATURED VEGGIES Tomato Soup Celery Sticks Featured Fruit Choice of Milk 18
cheffresh <small>fresh • made • goodness • to • go</small>	21	Entrée Chicken Tenders PBJ Pizza FEATURED VEGGIES Shoestring French Fries Broccoli Salad Featured Fruit Choice of Milk 22	Entrée Beef Soft Tacos PBJ Pizza FEATURED VEGGIES Steamed Golden Corn Baby Carrots Featured Fruit Choice of Milk 23	Entrée spaghetti with meatsauce with breadstick PBJ Pizza FEATURED VEGGIES Steamed Broccoli Chickpea Salad Featured Fruit Choice of Milk 24	GRILL DAY Classic Toasted Cheese Sandwich PBJ Pizza FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers Featured Fruit Choice of Milk 25
cheffresh <small>fresh • made • goodness • to • go</small>	28	Entrée Chicken Patty PBJ Pizza FEATURED VEGGIES Mixed Veggies Side Salad Featured Fruit Choice of Milk 29	Entrée Mac 'n Cheese with Fish Patty Sandwich PBJ Pizza FEATURED VEGGIES Steamed Broccoli Chickpea Salad Featured Fruit Choice of Milk 30	Entrée Hot Ham and Cheese Pretzel Melt PBJ Pizza FEATURED VEGGIES Sweet Potato Fries Mandarin Spring Salad Featured Fruit Choice of Milk 31	GRILL DAY Italian Sausage on w/ Peppers and Onions PBJ Pizza FEATURED VEGGIES Crinkle Cut Oven Fries Cole slaw Featured Fruit Choice of Milk 1
cheffresh <small>fresh • made • goodness • to • go</small>	7	Entrée General Tso's Chicken served over white rice PBJ Pizza FEATURED VEGGIES Steamed Broccoli Cucumber Salad Featured Fruit Choice of Milk 8	Entrée Nachos Grande PBJ Pizza FEATURED VEGGIES Curly Fries Black Bean Salsa Featured Fruit Choice of Milk 9	Entrée Popcorn Chicken and Mashed Potato Bowl PBJ Pizza FEATURED VEGGIES Cheesy Carrot Casserole Side Caesar Salad Featured Fruit Choice of Milk 10	Entrée NO SCHOOL 11
cheffresh <small>fresh • made • goodness • to • go</small>	14	15	16	17	18
cheffresh <small>fresh • made • goodness • to • go</small>	21	22	23	24	25
cheffresh <small>fresh • made • goodness • to • go</small>	28	29	30	1	2
cheffresh <small>fresh • made • goodness • to • go</small>	7	8	9	10	11

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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



Offering a variety of Chef Inspired Creations



Lunch Prices
 Student \$2.50
 Reduced \$.40
 Adult \$3.60

General Cafeteria Manager
 Jaime Barnard
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