

October 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, mango, strawberries, apple sauce, 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
- Original Salad
- Chef Salad

Menu Subject to Change

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

One Choice of Pizza Offered Daily:

Cheese, Pepperoni, Buffalo Chicken, OR French Bread

Jaime Barnard, Cafeteria Manager

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USDA is an equal opportunity provider and employer.



Monday

30

Chicken Patty
On a Roll
or
Cheeseburger on a Roll

Featured Veggies:
Oven Fries
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

1

BBQ Pulled Pork
Sandwich
or
Salad Bar

Featured Veggies:
Steamed Broccoli
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

Wednesday

2

Chili
with Soft Pretzel
or
Chicken Patty
Sandwich

Featured Veggies:
Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday

3

Ham and Cheese Hoagie
or
Salad Bar

Featured Veggies:
Baked Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

Friday

4

Italian Dunkers
or
Chicken and Waffles

Featured Veggies:
Baby Carrots
Steamed Corn
Choice of Fruit
Choice of Milk

7

Chicken Nuggets
with a Dinner Roll
or
Hot Ham and Cheese
on Pretzel Roll

Featured Veggies:
Tater Tots
Baby Carrots
Choice of Fruit
Choice of Milk

8

Pizza Burger
or
Salad Bar

Featured Veggies:
Steamed Carrots
Green Pepper Strips
Choice of Fruit
Choice of Milk

9

Pasta Bar
with Breadstick
or
Cheeseburger on a Roll

Featured Veggies:
Steamed corn
Fresh Cucumbers
Choice of Fruit
Choice of Milk

10

Fish Sandwich
Macaroni and Cheese
or
Salad Bar

Featured Veggies:
Steamed Peas
Romaine Salad
Choice of Fruit
Choice of Milk

11

Hot Dog
or
Popcorn Shrimp

Featured Veggies:
Potato Wedges
Cherry Tomatoes
Choice of Fruit
Choice of Milk

14

Chicken Patty Sandwich
or
Soup and Sandwich

Featured Veggies:
Steamed Corn
Cauliflower
Choice of Fruit
Choice of Milk

15

Cheese Burger
On a Bun
or
Salad Bar

Featured Veggies:
Sweet Potato Fries
Baby Carrots
Choice of Fruit
Choice of Milk

16

Taco Bar
or
Chicken Patty
Sandwich

Featured Veggies:
Steamed Corn
Cherry Tomatoes
Choice of Fruit
Choice of Milk

17

Mini Corn Dogs
or
Salad Bar

Featured Veggies:
Oven Fries
Baby Carrots
Choice of Fruit
Choice of Milk

18

No
School

21

Chicken Tenders
with a Dinner Roll
or
Steakum on a roll

Featured Veggies:
Oven Fries
Cucumber Slices
Choice of Fruit
Choice of Milk

22

Homemade
Chicken Potpie
or
Salad Bar

Featured Veggies:
Green Pepper Strips
Choice of Fruit
Choice of Milk

23

Chicken Mash Potato Bowl
with a Dinner Roll
or
Chicken Patty
Sandwich

Featured Veggies:
Steamed Corn
Cherry Tomatoes
Choice of Fruit
Choice of Milk

24

Hot Ham and Cheese
On a Pretzel Roll
or
Salad Bar

Featured Veggies:
Steamed Carrots
Fresh Cauliflower
Choice of Fruit
Choice of Milk

25

BBQ Rib Sandwich
or
Grilled Chicken
On a Roll

Featured Veggies:
Baby Carrots
Steamed Corn
Choice of Fruit
Choice of Milk

28

Chicken and Cheese
on Flatbread
or
Cheeseburger on a Roll

Featured Veggies:
Green Beans
Fresh Broccoli
Choice of Fruit
Choice of Milk

29

Turkey and Cheese
Hoagie
or
Salad Bar

Featured Veggies:
Baked Beans
Baby Carrots
Choice of Fruit
Choice of Milk

30

Pasta Bar
with Breadstick
or
Chicken Patty
Sandwich

Featured Veggies:
Steamed Corn
Cherry Tomatoes
Choice of Fruit
Choice of Milk

31

Oriental Chicken with Rice
Sandwich
or
Salad Bar

Featured Veggies:
Steamed Broccoli
Fresh Cauliflower
Choice of Fruit
Choice of Milk

1

Italian Dunkers
or
Chicken and Waffles

Featured Veggies:
Baby Carrots
Steamed Corn
Choice of Fruit
Choice of Milk