

JANUARY 2023



SOUTHERN FULTON ELEMENTARY

JANUARY 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**  
 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

**All Students receive**  
**1 free breakfast**  
**Paid Lunch 2.30**  
**Reduced Lunch .40**  
 Adult \$3.70  
**General Cafeteria Manager**  
 Jaime Barnard  
[jbarnard@sfsd.k12.pa.us](mailto:jbarnard@sfsd.k12.pa.us)  
 USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 Popcorn Chicken  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	4 Spaghetti with breadstick PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	5 Ham and Cheese On Pretzel Roll PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Cheesy Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	6 Cheese Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
9 Cheeseburger  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk	10 Chicken Legs Seasoned Rice PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Peas Choice of fresh veggie Choice of Fruit Choice of Milk	11 Fish Sticks Macaroni and Cheese PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	12 Chicken Patty Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	13 Pepperoni Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk
16 No School	17 Pepperoni Hot Pocket  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Cheesy Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	18 Chicken Mashed Potato Bowl PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	19 Turkey and Cheese Sandwich PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Succatash Choice of fresh veggie Choice of Fruit Choice of Milk	20 Cheese Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
23 Chicken Tenders  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	24 Nachos  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	25 Chili Corn Bread PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	26 Steakums  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	27 Pepperoni Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
30 Ham and Cheese Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	31 Chicken Alfredo Over Noodles PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	1 Sloppy Joe Sandwich  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	2 Hot Dog on a Roll  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	3 Cheese Pizza  PBJ Cooks Fresh Salad  <b>Featured Veggies:</b> Steamed Corn Choice of fresh veggie Choice of Fruit Choice of Milk