



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**

Lunch 2.60

Reduced lunch .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
<p>2</p> <p>No School</p>	<p>3</p> <p>Chicken Nuggets with dinner roll PBJ Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>4</p> <p>Pasta Bar</p> <p>PBJ Pizza</p> <p>Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>5</p> <p>Chicken Patty Sandwich</p> <p>PBJ Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>6</p> <p>Italian Dunkers</p> <p>PBJ Pizza</p> <p>Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>9</p> <p>Chicken Fajita on soft shells PBJ Pizza</p> <p>Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>10</p> <p>Turkey and Cheese Hoagie</p> <p>PBJ Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>11</p> <p>Turkey and Gravy on Chow mein Noodles PBJ Pizza</p> <p>Featured Veggies: Mashed Potatoes Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>12</p> <p>Cheese Steakum Sandwich</p> <p>PBJ Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Pulled Pork Sandwich</p> <p>PBJ Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>16</p> <p>No School</p>	<p>17</p> <p>Chicken Patty Sandwich</p> <p>PBJ Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>18</p> <p>Chicken Potpie with Biscuit PBJ Pizza</p> <p>Featured Veggies: Mixed Veggies Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>19</p> <p>Toasted Cheese Sandwich</p> <p>PBJ Pizza</p> <p>Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Cheeseburger on Roll PBJ Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>23</p> <p>Mini Corn Dogs</p> <p>PBJ Pizza</p> <p>Featured Veggies: Mixed Veggies Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>24</p> <p>Fish Sandwich Macaroni and Cheese PBJ Pizza</p> <p>Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>25</p> <p>Taco Bar</p> <p>PBJ Pizza</p> <p>Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>26</p> <p>Ham and Cheese Hoagie</p> <p>PBJ Pizza</p> <p>Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Chicken Tenders</p> <p>PBJ Pizza</p> <p>Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk</p>
<p>30</p> <p>Meatball Hoagie</p> <p>PBJ Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>31</p> <p>Sloppy Joe Sandwich</p> <p>PBJ Pizza</p> <p>Featured Veggies: Potato Wedges Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>1</p> <p>Chicken Mashed Potato Bowl PBJ Pizza</p> <p>Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>2</p> <p>Spaghetti with meatballs breadsticks PBJ Pizza</p> <p>Featured Veggies: Side Salad Choice of fresh veggie Choice of Fruit Choice of Milk</p>	<p>3</p> <p>Italian Dunkers</p> <p>PBJ Pizza</p> <p>Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk</p>