

JANUARY 2022



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 jucies and mandarin oranges

**All Students receive**  
**1 free breakfast**  
**1 free lunch**

Adult \$3.60  
 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
	Menu Subject to change due to product availability	one Breakfast and one Lunch will be provided free for all students		1
3 Popcorn Chicken  PBJ Chef Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	4 Fish  PBJ Chef Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	5 Spaghetti with breadstick PBJ Chef Salad  <b>Featured Veggies:</b> Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	6 Ham and Cheese Hoogie PBJ Chef Salad  <b>Featured Veggies:</b> Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	7 Ham and Cheese Pizza  PBJ Chef Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
10 Cheeseburger  PBJ Chef Salad  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	11 Turkey and Cheese Sandwich PBJ Chef Salad  <b>Featured Veggies:</b> Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk	12 Fish  PBJ Chef Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	13 Chicken Patty Sandwich  PBJ Chef Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	14 Cheese Pizza  PBJ Chef Salad  <b>Featured Veggies:</b> Celery Choice of fresh veggie Choice of Fruit Choice of Milk
17   No School	18 Pepperoni Hot Pocket  PBJ Chef Salad  <b>Featured Veggies:</b> Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	19 Chicken Mashed Potato Bowl PBJ Chef Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	20 Cheeseburger on Roll  PBJ Chef Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	21 Pepperoni Pizza  PBJ Chef Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
24 Chicken Tenders  PBJ Chef Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	25 Nachos  PBJ Chef Salad  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	26 Chili Soft Pretzel PBJ Chef Salad  <b>Featured Veggies:</b> Choice of fresh veggie Choice of Fruit Choice of Milk	27 Steakums  PBJ Chef Salad  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	28 Cheese Pizza  PBJ Chef Salad  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk