



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
1 free lunch**

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
	Menu Subject to change due to product availability	one Breakfast and one Lunch will be provided free for all students		
3 Chicken Nuggets with dinner roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	4 Italian Dunkers PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	5 Spaghetti with garlic bread PBJ Pizza Featured Veggies: Tossed Salad Choice of fresh veggie Choice of Fruit Choice of Milk	6 Chicken Patty Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	7 Nachos Grande PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk
10 Turkey & Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	11 Chicken Fajita on soft shells PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	12 Chicken Mashed Potato Bowl PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	13 Cheese Steak Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	14 Pulled Pork Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
17 No School	18 Chicken Potpie PBJ Pizza Featured Veggies: Mixed Veggies Choice of fresh veggie Choice of Fruit Choice of Milk	19 Italian Dunkers PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	20 Chicken Patty Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	21 Cheeseburger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
24 Ham and Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	25 Crunchy Tacos PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	26 Oriental chicken with Rice PBJ Pizza Featured Veggies: Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	27 Chicken Tenders PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	28 Potato and Cheese Pierogy with alfredo PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk