

MAY 2021



SOUTHERN FULTON SCHOOL ELEMENTARY MAY 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

Lunch Prices
Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students
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
5/3/2021 Cheeseburger on roll PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk	5/4/2021 Steakum Sandwich PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	5/5/2021 Chicken Patty with roll PBJ Chef's Salad Featured Veggies: Cucumbers Fruit Choice of Milk	5/6/2021 Nacho Grande PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5/7/2021 Ham and Cheese Pizza PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk
5/10/2021 Popcorn Chicken PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	5/11/2021 Ham and Cheese on Pretzel Roll PBJ Chef's Salad Featured Veggies: Tater Tots Fruit Choice of Milk	5/12/2021 Chicken Mashed Potato Bowl PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5/13/2021 Fish Sticks PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	5/14/2021 Pepperoni Pizza PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk
5/17/2021 Ham and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Celery Fruit Choice of Milk	5/18/2021 Chili Soft Pretzel PBJ Chef's Salad Featured Veggies: Tossed Salad Fruit Choice of Milk	5/19/2021 Chicken Tenders PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	5/20/2021 Cheeseburger on Roll PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5/21/2021 Cheese Pizza PBJ Chef's Salad Featured Veggies: Carrots Fruit Choice of Milk
5/24/2021 Cheeseburger on roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	5/25/2021 Walking Tacos PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5/26/2021 Pepperoni Hot Pocket PBJ Featured Veggies: Celery Fruit Choice of Milk	5/27/2021 NO SCHOOL	5/28/2021 Cheese Pizza PBJ Featured Veggies: Carrots Fruit Choice of Milk
5/30/2021	5/31/2021	6/1/2021	6/2/2021	6/3/2021

Lunch Prices
Student \$2.20
Reduced \$.40
Adult \$3.60

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