

MAY 2021

SOUTHERN FULTON HIGH SCHOOL
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

Meal 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

Student \$2.50

Reduced \$.40

Adult \$3.60

General Cafeteria Manager

Jaime Barnard

jbarnard@sfsd.k12.ga.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: Oven Fries Fruit Choice of Milk	5/4/2021 Italian Dunkers PBJ Chef's Salad Featured Veggies: Cooked Carrots Fruit Choice of Milk	5/5/2021 Chicken Patty with roll PBJ Chef's Salad Featured Veggies: Green Beans Fruit Choice of Milk	5/6/2021 Nacho Grande PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5/7/2021 BBQ Rib Sandwich PBJ Chef's Salad Featured Veggies: Mixed Veggies Fruit Choice of Milk
5/10/2021 Oriental Chicken with Rice PBJ Chef's Salad Featured Veggies: Broccoli Fruit Choice of Milk	5/11/2021 Ham and Cheese Hoagie PBJ Chef's Salad Featured Veggies: Baked Beans Fruit Choice of Milk	5/12/2021 Chicken Potpie PBJ Chef's Salad Featured Veggies: Mixed Veggies Fruit Choice of Milk	5/13/2021 Fish Sandwich Mac and Cheese PBJ Chef's Salad Featured Veggies: Peas Fruit Choice of Milk	5/14/2021 Hot Dog on Roll PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk
5/17/2021 Chicken Fajita PBJ Chef's Salad Featured Veggies: Corn Fruit Choice of Milk	5/18/2021 French Toast Sausage PBJ Chef's Salad Featured Veggies: Hashbrown Fruit Choice of Milk	5/19/2021 Chicken Tenders PBJ Chef's Salad Featured Veggies: Oven Fries Fruit Choice of Milk	5/20/2021 Pulled Pork BBQ PBJ Chef's Salad Featured Veggies: Cooked Carrots Fruit Choice of Milk	5/21/2021 Toasted Cheese Sandwich PBJ Chef's Salad Featured Veggies: Tomato Soup Fruit Choice of Milk
5/24/2021 Cheeseburger on roll PBJ Featured Veggies: Oven Fries Fruit Choice of Milk	5/25/2021 Chicken Nuggets PBJ Featured Veggies: Oven Fries Fruit Choice of Milk	5/26/2021 Corn Dog PBJ Featured Veggies: Veggie Choice Fruit Choice of Milk	5/27/2021 NO SCHOOL	5/28/2021 Pizza Last Day PBJ Featured Veggies: Veggie Choice Fruit Choice of Milk
5/30/2021	5/31/2021	6/1/2021	6/2/2021	6/3/2021