



**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

**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	Pizza Friday
		Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students		
<b>1</b> Chicken Nuggets with oven fries  PBJ Chef's Salad <b>Featured Veggies:</b> Carrots Juice Cup  Choice of Milk	<b>2</b> French Toast Sausage  PBJ Chef's Salad <b>Featured Veggies:</b> Hashbrown Orange juice cup  Choice of Milk	<b>3</b> Oriental Chicken with rice  PBJ Chef's Salad <b>Featured Veggies:</b> Broccoli Applesauce cup  Choice of Milk	<b>4</b> Toasted Cheese Sandwich Tomato Soup  PBJ Chef's Salad <b>Featured Veggies:</b> Celery Apple Slices  Choice of Milk	<b>5</b> Hawaiian Pizza  PBJ Chef's Salad <b>Featured Veggies:</b> Carrot Sticks Juice Cup  Choice of Milk
<b>8</b> Cheeseburger on Roll  PBJ Chef's Salad <b>Featured Veggies:</b> Oven Fries Green Beans  Choice of Milk	<b>9</b> Nachos Grande  PBJ Chef's Salad <b>Featured Veggies:</b> Corn Juice Cup  Choice of Milk	<b>10</b> Chicken Patty Sandwich  PBJ Chef's Salad <b>Featured Veggies:</b> Green Beans Apple Slices  Choice of Milk	<b>11</b> No School	<b>12</b> Pepperoni Pizza  PBJ Chef's Salad <b>Featured Veggies:</b> Celery Sticks Applesauce Cup  Choice of Milk
<b>15</b> Turkey and Cheese Sandwich  PBJ Chef's Salad <b>Featured Veggies:</b> Tossed Salad Apple Juice  Choice of Milk	<b>16</b> Chicken Tenders Oven Fries  PBJ Chef's Salad <b>Featured Veggies:</b> Apple Slices Juice Cup  Choice of Milk	<b>17</b> Hot Pocket  PBJ Chef's Salad <b>Featured Veggies:</b> Applesauce Carrot Sticks  Choice of Milk	<b>18</b> Thanksgiving Meal Sliced Turkey Dessert  <b>Featured Veggies:</b> Green Beans Mashed Potato Cranberries Choice of Milk	<b>19</b> Cheese Pizza oven Fries  PBJ Chef's Salad <b>Featured Veggies:</b> Cucumber Grape juice  Choice of Milk
<b>22</b> Cheeseburger  PBJ Chef's Salad <b>Featured Veggies:</b> Carrots Juice Cup  Choice of Milk	<b>23</b> Ham and Cheese Sandwich  PBJ Chef's Salad <b>Featured Veggies:</b> Celery Apple Slices  Choice of Milk	<b>24</b> No School	<b>26</b> No School	<b>27</b> No School