

NOVEMBER 2022



SOUTHERN FULTON SCHOOL ELEMENTARY NOVEMBER 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

Full price Elementary lunch \$2.30

Reduced .40

Please fill out meal application to see if you qualify for free meals.

General Cafeteria Manager

Jaime Barnard

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday

31

Salisbury Steak

PB&J

Fresh Salad

Featured Veggies:

Mashed Potatoes

Green Beans

Choice of Fruit

Choice of Milk

Tuesday

1

Oriental Chicken
with Rice

or

PB&J

Fresh Salad

Featured Veggies:

Steamed Broccoli

Mixed Vegetables

Choice of Fruit

Choice of Milk

Wednesday

2

Spaghetti
with garlic bread

PB&J

Fresh Salad

Featured Veggies:

Tossed Salad

Celery Sticks

Choice of Fruit

Choice of Milk

Thursday

3

Italian Dunkers

PB&J

Fresh Salad

Featured Veggies:

Corn

Carrot Sticks

Choice of Fruit

Choice of Milk

Friday!

4

Pepperoni Pizza

PB&J

Fresh Salad

Featured Veggies:

Cheesy Broccoli

Cauliflower

Choice of Fruit

Choice of Milk

7

Cheeseburger on Roll

PB&J

Fresh Salad

Featured Veggies:

Oven Fries

Celery Sticks

Choice of Fruit

Choice of Milk

8

Corn Dogs

PB&J

Fresh Salad

Featured Veggies:

Baked Beans

Carrot Sticks

Choice of Fruit

Choice of Milk

9

Chicken Alfredo

PB&J

Fresh Salad

Featured Veggies:

Steamed Broccoli

Cauliflower

Choice of Fruit

Choice of Milk

10

Cheese Pizza

PB&J

Fresh Salad

Featured Veggies:

Steamed Corn

Orange Juice

Choice of Fruit

Choice of Milk

11

No School

14

Ham and Cheese Sandwich
Chicken Noodle Soup

PB&J

Fresh Salad

Featured Veggies:

Fresh Veggie Choice

Cucumber Slices

Choice of Fruit

Choice of Milk

15

Chicken Patty Sandwich

or

PB&J

Fresh Salad

Featured Veggies:

Oven Fries

Mixed Vegetables

Choice of Fruit

Choice of Milk

16

Baked Ziti
with garlic bread

PB&J

Fresh Salad

Featured Veggies:

Tossed Salad

Celery Sticks

Choice of Fruit

Choice of Milk

17

Crunchy Beef Tacos

PB&J

Fresh Salad

Featured Veggies:

Spanish Rice

Carrot Sticks

Choice of Fruit

Choice of Milk

18

Pepperoni Pizza

PB&J

Fresh Salad

Featured Veggies:

Cheesy Broccoli

Cauliflower

Choice of Fruit

Choice of Milk

21

Sausage Gravy
with Biscuit

Scrambled Eggs

PB&J

Fresh Salad

Featured Veggies:

Hash brown

Cucumber Slices

Choice of Fruit

Choice of Milk

22

Chicken Tenders

PB&J

Fresh Salad

Featured Veggies:

Green Beans

Mixed Vegetables

Choice of Fruit

Choice of Milk

23

No School

24

No School

25

No School

28

No School

29

No School

30

Pulled Pork Sandwich

PB&J

Chef's Salad

Featured Veggies:

Steamed Carrots

Celery Sticks

Choice of Fruit

Choice of Milk

1

Toasted Cheese Sandwich

PB&J

Chef's Salad

Featured Veggies:

Vegetable Soup

Carrot Sticks

Choice of Fruit

Choice of Milk

2

Cheese Pizza

PB&J

Chef's Salad

Featured Veggies:

Oven Fries

Cauliflower

Choice of Fruit

Choice of Milk