



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

Student \$2.20

Reduced \$.40

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	Pizza Friday
		Effective immediately until the end of the school year One Breakfast and One Lunch will be provided free for all students		
2 Chicken Nuggets with oven fries PBJ Chef's Salad Featured Veggies: Carrots Juice Cup Choice of Milk	3 French Toast Sausage PBJ Chef's Salad Featured Veggies: Hashbrown Orange juice cup Choice of Milk	4 Oriental Chicken with rice PBJ Chef's Salad Featured Veggies: Broccoli Applesauce cup Choice of Milk	5 Toasted Cheese Sandwich Tomato Soup PBJ Chef's Salad Featured Veggies: Celery Apple Slices Choice of Milk	6 Hawaiian Pizza PBJ Chef's Salad Featured Veggies: Carrot Sticks Juice Cup Choice of Milk
9 BBQ Rib Sandwich PBJ Chef's Salad Featured Veggies: Oven Fries Green Beans Choice of Milk	10 Nachos Grande PBJ Chef's Salad Featured Veggies: Corn Juice Cup Choice of Milk	11 No School	12 Chicken Patty Sandwich PBJ Chef's Salad Featured Veggies: Green Beans Apple Slices Choice of Milk	13 Pepperoni Pizza PBJ Chef Salad Featured Veggies: Celery Sticks Applesauce Cup Choice of Milk
16 Chili with Crackers PBJ Chef's Salad Featured Veggies: Tossed Salad Apple Juice Choice of Milk	17 Chicken Tenders Oven Fries PBJ Chef's Salad Featured Veggies: Apple Slices Juice Cup Choice of Milk	18 Hot Pocket PBJ Chef's Salad Featured Veggies: Applesauce Carrot Sticks Choice of Milk	19 Thanksgiving Meal Sliced Turkey Dessert Featured Veggies: Green Beans Mashed Potato Cranberries Choice of Milk	20 Cheese Pizza oven Fries PBJ Chef's Salad Featured Veggies: Cucumber Grape juice Choice of Milk
23 Cheeseburger PBJ Chef's Salad Featured Veggies: Carrots Juice Cup Choice of Milk	24 Ham and Cheese Sandwich PBJ Chef's Salad Featured Veggies: Celery Apple Slices Choice of Milk	25 No School	26 No School	27 No School