



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 \$2.50
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	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 dinner roll PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	3 French Toast Sticks Sausage and Hashbrown PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	4 Hot Dog with sauerkraut PBJ Pizza Featured Veggies: Mashed Potato Choice of fresh veggie Choice of Fruit Choice of Milk	5 Toasted Cheese Sandwich PBJ Pizza Featured Veggies: Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	6 Pulled Pork BBQ Sandwich PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
9 Turkey & Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	10 Nachos Grande PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	11 No School	12 Meatball Hoagie PBJ Pizza Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	13 Mini Corn Dogs PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
16 Chicken Potpie PBJ Pizza Featured Veggies: Peas Choice of fresh veggie Choice of Fruit Choice of Milk	17 Cheese Steakum Sandwich PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	18 Italian Dunkers PBJ Pizza Featured Veggies: Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	19 Thanksgiving Meal Sliced Turkey Stuffing Dessert Featured Veggies: Steamed Green Beans Cranberry Sauce Choice of Fruit Choice of Milk	20 Cheeseburger PBJ Pizza Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
23 Ham and Cheese Hoagie PBJ Pizza Featured Veggies: Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	24 Crunchy Tacos PBJ Pizza Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	25 No School	26 No School	27 No School