

OCTOBER 2021



SOUTHERN FULTON HIGH SCHOOL

OCTOBER 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

**All Students receive  
1 free breakfast**

**1 free lunch**

Adult \$3.60

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	Friday
	Menu Subject to change due to product availability	one Breakfast and one Lunch will be provided free for all students		1
4 Chicken Nuggets with dinner roll PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	5 Nachos Grande  PBJ Pizza  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	6 Spaghetti with garlic bread PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	7 Chicken Patty Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Tomato Soup Choice of fresh veggie Choice of Fruit Choice of Milk	8 Italian Dunkers  PBJ Pizza  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
11 Turkey & Cheese Hoagie  PBJ Pizza  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	12 Chicken Fajita on soft shells PBJ Pizza  <b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	13 Chicken Mashed Potato Bowl PBJ Pizza  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	14 No School	15 No School
18 Spaghetti with meatsauce breadstick PBJ Pizza  <b>Featured Veggies:</b> Peas Choice of fresh veggie Choice of Fruit Choice of Milk	19 Cheese Steakum Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	20 Italian Dunkers  PBJ Pizza  <b>Featured Veggies:</b> Green Beans Choice of fresh veggie Choice of Fruit Choice of Milk	21 Chicken Patty Sandwich  PBJ Pizza  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk	22 Cheeseburger  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk
25 Ham and Cheese Hoagie  PBJ Pizza  <b>Featured Veggies:</b> Baked Beans Choice of fresh veggie Choice of Fruit Choice of Milk	26 Crunchy Tacos  PBJ Pizza  <b>Featured Veggies:</b> Corn Choice of fresh veggie Choice of Fruit Choice of Milk	27 Oriental chicken with Rice  PBJ Pizza  <b>Featured Veggies:</b> Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	28 Chicken Tenders  PBJ Pizza  <b>Featured Veggies:</b> Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	29 Potato and Cheese Pierogy topped with Bacon PBJ Pizza  <b>Featured Veggies:</b> Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk