



SOUTHERN FULTON SCHOOL
ELEMENTARY SEPTEMBER 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

General Cafeteria Manager
Jaime Barnard
jbarnard@sfsd.k12.pa.us
USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday!
<p>5</p> <p>No School Happy Labor Day</p> <p>Menu subject to change due to product availability</p>	<p>6</p> <p>Fish Sticks</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Oven Fries Celery Sticks Choice of Fruit Choice of Milk</p>	<p>7</p> <p>Chicken Mashed Potato Bowl</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Steamed Corn Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>8</p> <p>Nachos Grande</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>9</p> <p>Pepperoni Pizza</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Steamed Carrots</p> <p>Choice of Fruit Choice of Milk</p>
<p>12</p> <p>Cheeseburger on Roll</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Oven Fries Celery Sticks Choice of Fruit Choice of Milk</p>	<p>13</p> <p>Corn Dogs</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Baked Beans Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>14</p> <p>Chicken Nuggets</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>	<p>15</p> <p>Waffles with sausage</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Hashbrown Patty Orange Juice Choice of Fruit Choice of Milk</p>	<p>16</p> <p>Cheese Pizza</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Corn Mixed Fruit Choice of Fruit Choice of Milk</p>
<p>19</p> <p>Ham & Cheese Hoagie</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Baked Beans Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>20</p> <p>Chicken Patty Sandwich or PB&J Chef's Salad</p> <p>Featured Veggies: Oven Fries Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>21</p> <p>Spaghetti with garlic bread</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Tossed Salad Celery Sticks Choice of Fruit Choice of Milk</p>	<p>22</p> <p>Nacho Grande</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Corn Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>23</p> <p>Pepperoni Pizza</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Cheesy Broccoli Cauliflower Choice of Fruit Choice of Milk</p>
<p>26</p> <p>Popcorn Chicken</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Oven Fries Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>27</p> <p>Chicken Tenders</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Green Beans Mixed Vegetables Choice of Fruit Choice of Milk</p>	<p>28</p> <p>Pulled Pork Sandwich</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Steamed Carrots Celery Sticks Choice of Fruit Choice of Milk</p>	<p>29</p> <p>Chili with soft pretzel</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Tossed Salad Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>30</p> <p>Cheese Pizza</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>