



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

All Students receive 1 free breakfast and 1 free lunch

General Cafeteria Manager

Jaime Barnard

jbarnard@sfsd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday!
<p>Menu subject to change due to product availability</p>	<p>7 Fish Sticks</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Oven Fries Celery Sticks Choice of Fruit Choice of Milk</p>	<p>8 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>9 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>10 Pepperoni Pizza</p> <p>PB&J Chef Salad</p> <p>Featured Veggies: Steamed Carrots</p> <p>Choice of Fruit Choice of Milk</p>
<p>13 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>14 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>15 Chicken Nuggets</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>	<p>16 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>17 Cheese Pizza</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Corn Mixed Fruit Choice of Fruit Choice of Milk</p>
<p>20 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>21 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>22 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>23 Nacho Grande</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Corn Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>24 Pepperoni Pizza</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Cheesy Broccoli Cauliflower Choice of Fruit Choice of Milk</p>
<p>27 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>28 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>29 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>30 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>1 Cheese Pizza</p> <p>PB&J Chef's Salad</p> <p>Featured Veggies: Oven Fries Cauliflower Choice of Fruit Choice of Milk</p>