

AUGUST

2021



**SOUTHERN FULTON SCHOOL DISTRICT
ELEMENTARY 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

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week



Craveable of the Week which could include:

Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheesestick and Crackers, Breadstick Dipper, and more..

All Students receive 1 free breakfast and 1 free lunch per day

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>PLEASE BE PATIENT WITH US DURING THESE TIMES</p>		<p>25</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>PB&J</p> <p>Chef's Salad</p> <p>Featured Veggies:</p> <p>Oven Fries</p> <p>Red Pepper Strips</p> <p>Featured Fruit</p> <p>Choice of Milk</p>	<p>26</p> <p>Chicken Patty On a Bun or PB&J</p> <p>Chef Salad</p> <p>Featured Veggies:</p> <p>Steamed Green Beans</p> <p>Side Salad</p> <p>Featured Fruit</p> <p>Choice of Milk</p>	<p>27</p> <p>Pizza Hot Pocket with dipping sauce</p> <p>PB&J</p> <p>Chef Salad</p> <p>Featured Veggies:</p> <p>Steamed Corn</p> <p>Cucumber Slices</p> <p>Featured Fruit</p> <p>Choice of Milk</p>
<p>30</p> <p>Turkey and Cheese Sandwich</p> <p>PB&J</p> <p>Chef Salad</p> <p>Featured Veggies:</p> <p>Baked Beans</p> <p>Bagged Carrots</p> <p>Featured Fruit</p> <p>Choice of Milk</p>	<p>31</p> <p>Toasted Cheese Sandwich</p> <p>PB&J</p> <p>Chef's Salad</p> <p>Featured Veggies:</p> <p>Tomato Soup</p> <p>Side Salad</p> <p>Featured Fruit</p> <p>Choice of Milk</p>	<p>1</p> <p>Hot Dog On a Roll</p> <p>PB&J</p> <p>Chef's Salad</p> <p>Featured Veggies:</p> <p>Steamed Broccoli</p> <p>Green Pepper Strips</p> <p>Featured Fruit</p> <p>Choice of Milk</p>	<p>2</p> <p>Ham and Cheese Sandwich</p> <p>PB&J</p> <p>Chef's Salad</p> <p>Featured Veggies:</p> <p>Green Beans</p> <p>Celery Sticks</p> <p>Featured Fruit</p> <p>Choice of Milk</p>	<p>3</p> <p>Cheese Pizza</p> <p>PB&J</p> <p>Chef's Salad</p> <p>Featured Veggies:</p> <p>Baked Potato</p> <p>Carrot Sticks</p> <p>Featured Fruit</p> <p>Choice of Milk</p>
<p>6</p> <p>No School</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>