

AUGUST

2021



SOUTHERN FULTON SCHOOL DISTRICT HIGH SCHOOL 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

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USDA is an equal opportunity provider and employer.

Calendar grid with columns for Monday through Friday and rows for dates 25-24. Each cell contains the date, day of the week, and a list of lunch menu items. Some dates (8, 16, 23) are highlighted in yellow.