

OCTOBER 2021



SOUTHERN FULTON ELEMENTARY
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
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 Ham and Cheese Hoagie PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	5 Chicken Patty Sandwich PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	6 Spaghetti PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	7 Cheeseburger PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	8 Ham and Cheese Pizza PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
11 Popcorn Chicken PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	12 Turkey and Cheese Sandwich PBJ Chef Salad Featured Veggies: Tater Tots Choice of fresh veggie Choice of Fruit Choice of Milk	13 Fish Sticks PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	14 No School	15 No School
18 Ham and Cheese Sandwich PBJ Chef Salad Featured Veggies: Celery Choice of fresh veggie Choice of Fruit Choice of Milk	19 Chili Soft Pretzel PBJ Chef Salad Featured Veggies: Choice of fresh veggie Choice of Fruit Choice of Milk	20 Chicken Mashed Potato Bowl PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	21 Cheeseburger on Roll PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	22 Cheese Pizza PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk
25 Chicken Tenders PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	26 Crunchy Tacos PBJ Chef Salad Featured Veggies: Corn Choice of fresh veggie Choice of Fruit Choice of Milk	27 Pepperoni Hot Pocket PBJ Chef Salad Featured Veggies: Steamed Broccoli Choice of fresh veggie Choice of Fruit Choice of Milk	28 Steakums PBJ Chef Salad Featured Veggies: Oven Fries Choice of fresh veggie Choice of Fruit Choice of Milk	29 Cheese Pizza PBJ Chef Salad Featured Veggies: Steamed Carrots Choice of fresh veggie Choice of Fruit Choice of Milk