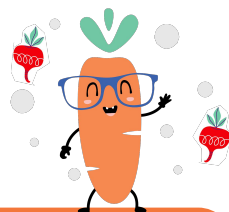


SOUTHERN FULTON ELEMENTARY LUNCH MENU

October 2026

**EAT SMART
BE SMART**



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Patty on Roll

Ham and Cheese Hoagie

Chicken & Mashed
Potato Bowl with Roll

Hot Ham and Cheese
on Pretzel Roll

Pepperoni Pizza

Oven Fries

Baked Beans

Steamed Corn

Steamed Green Beans
Fresh Veggie Choice

Steamed Carrots
Fresh Veggie Choice

Daily Offerings: Fresh Salads, pbj uncrustable

Chicken Nuggets with Roll

Meatballs with Rice

Cheeseburger on Roll

Hot Dog on Roll

Cheese Pizza

Oven Fries
Fresh Veggie Choice

Green Beans
Fresh Veggie Choice

Baked Beans
Fresh Veggie Choice

Oven Fries
Fresh Veggie Choice

Steamed Corn
Fresh Veggie Choice

Daily Offerings: Fresh Salads, pbj uncrustable

No School

Chicken & Cheese Quesadilla

Asian Sesame Chicken
over Rice

Italian Dunkers
with Dipping Sauce

No School

Steamed Corn
Fresh Veggie Choice

Steamed Broccoli
Fresh Veggie Choice

Tri-Taters
Fresh Veggie Choice

Daily Offerings: Fresh Salads, pbj uncrustable

Pasta with Meatballs

Beef Soft Tacos

Cheeseburger on Roll

Toasted Cheese Sandwich

Pepperoni Pizza

Green Beans
Fresh Veggie Choice

Steamed Corn
Fresh Veggie Choice

Onion Rings
Fresh Veggie Choice

Chicken Noodle Soup
Fresh Veggie Choice

Steamed Peas
Fresh Veggie Choice

Daily Offerings: Fresh Salads, pbj uncrustable

Breaded Chicken Tenders with
Mini Waffles

Walking Taco
with Doritos

Chicken Alfredo over Pasta with
Breadstick

Corn Dog

Cheesy Pizza

Crinkle Cut Fries
Fresh Veggie Choice

Steamed Corn
Fresh Veggie Choice

Steamed Broccoli
Fresh Veggie Choice

Steamed Carrots
Fresh Veggie Choice

Steamed Green Beans
Fresh Veggie Choice

Daily Offerings: Fresh Salads, pbj uncrustable

MAKE IT A MEAL!

Choose at least 3 of 5 meal components
for the school lunch price:

Meat/Meat Alternative, Whole Grain,
Fruit, Vegetable, Milk

A minimum ½ cup serving of fruit or
vegetable must accompany a lunch.

Lunch Prices

Student \$2.75
Adult \$5.00

Milk Selection

whole, 1%, chocolate

Available Daily
fresh made salad
pbj uncrustable

Fruit & Veg Selection may include 1
or more of the following

Fresh Fruit - Apple Slices, Oranges,
Grapes, Blueberries, Strawberries,
bananas

Dipped Fruit - Applesauce, peaches
Pears, Mandarin Oranges Pineapples
100% fruit juice

Fresh Veggie Choices may be Broccoli,
Cauliflower, Carrot sticks, Celery Sticks

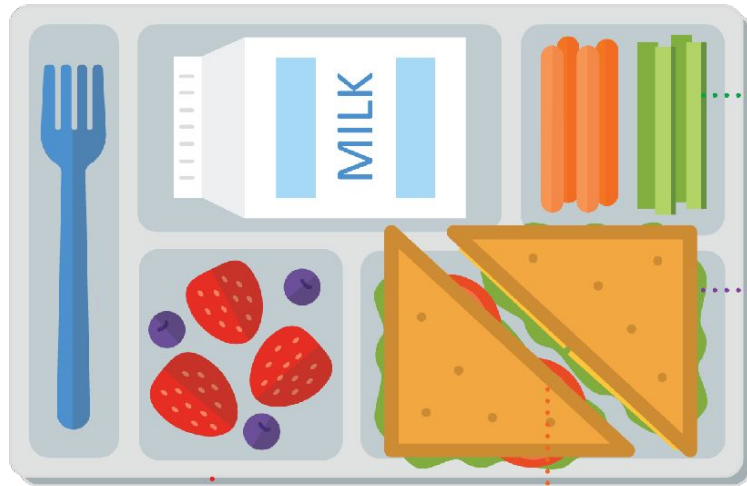
Your Dining Services Team

General Manager
Jaime Barnard
jbarnard@sfsd.school
jaime.barnard@metzcorp.com



Metz
CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



MILK IS MIGHTY

Non-fat and low fat options. Flavors like chocolate and strawberry. Calcium builds bones and teeth!



GNAW ON RAW

Veggie Patch, salad, and cooked. Veggies have fiber for digestion



POWER UP WITH PROTEIN

Meat, cheese, eggs, yogurt, and peanut butter. Protein helps us grow!



WHOLE GRAINS = WHOLE PACKAGE

Bread, cereal, and crackers. Grains give us energy!



PURSUIT FOR FRUIT

Fresh, cupped, or 100% juice, fruit is nutrient-packed!

MAKE IT A MEAL!

Choose at least 3 of 5 meal components for the school lunch price:

Meat/Meat Alternative, Whole Grain, Fruit, Vegetable, Milk

A minimum of ½ cup serving of fruit or vegetable must accompany a school lunch.

LUNCH PRICES

Student Lunch: \$X.XX
Adult Lunch: \$X.XX

schoolcafé

View menus on the go!
SchoolCafe provides an easy way to view our menus and manage your account.



Meet Your
nutritious friends



[ADD HEADING HERE]

[add text here]

YOUR DINING SERVICES TEAM
Firstname Lastname, General Manager
(###) ###-#### | email@metzcorp.com



Metz
CULINARY MANAGEMENT
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