

SOUTHERN FULTON HIGH SCHOOL LUNCH MENU

October 2026



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mini Corn Dogs

Chicken Potpie

Chicken Patty Sandwich

Potato and Cheese Pierogy

Steakum on Roll

Steamed Green Beans

Mixed Veggies

Tater Tots

Steamed Carrots
Fresh Vegetable Variety

Onion Rings
Fresh Vegetable Variety

Daily Offerings: Fresh Salad with croutons, Fresh Wraps on Flour Tortilla, pbj uncrustable, Fresh Dough Pizza Variety

Chicken Nuggets with Roll

Fish Sandwich
with Mac and Cheese

Taco Bar

Toasted Cheese
Sandwich

BBQ Rib Sandwich

Oven Fries
Fresh Vegetable Variety

Green Beans
Fresh Vegetable Variety

Steamed Corn
Fresh Vegetable Variety

Tomato Soup
Fresh Vegetable Variety

Curly Fries
Fresh Vegetable Variety

Daily Offerings: Fresh Salad with croutons, Fresh Wraps on Flour Tortilla, pbj uncrustable, Fresh Dough Pizza Variety

No School

Chicken Potpie

Chicken & Mashed Potato Bowl
with Roll

Breakfast for Lunch:
Waffles
with Cheese Omelet
Sausage

No School

Mixed Vegetables
Fresh Vegetable Variety

Steamed Corn
Fresh Vegetable Variety

Tater Triangles
Fresh Vegetable Variety

Daily Offerings: Fresh Salad with croutons, Fresh Wraps on Flour Tortilla, pbj uncrustable, Fresh Dough Pizza Variety

Meatball Hoagie

Beef Crunchy Tacos

Chicken Wings with Garlic Knots

Sloppy Joe Sandwich

Italian Dunkers

Glazed Carrots
Fresh Vegetable Variety

Steamed Corn
Fresh Vegetable Variety

Curly Fries
Fresh Vegetable Variety

Baked Potato
Fresh Vegetable Variety

Cinnamon Sweet Potato
Fresh Vegetable Variety

Daily Offerings: Fresh Salad with croutons, Fresh Wraps on Flour Tortilla, pbj uncrustable, Fresh Dough Pizza Variety

Breaded Chicken Tenders
with Waffles

Nachos Grande

Pasta Bar with Breadstick

Cheeseburger on Roll

Hot Dog on Roll

Crinkle Cut Fries
Fresh Vegetable Variety

Steamed Corn
Fresh Vegetable Variety

Steamed Broccoli
Fresh Vegetable Variety

Onion Rings
Fresh Vegetable Variety

Oven Fries
Fresh Vegetable Variety

Daily Offerings: Fresh Salad with croutons, Fresh Wraps on Flour Tortilla, pbj uncrustable, Fresh Dough Pizza Variety

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 \$3.00
Adult \$5.00

Milk Selection

whole, 2%, chocolate

Available Daily
Fresh Salad with croutons
Fresh Wraps on Flour Tortilla
pbj uncrustable
Fresh Dough Pizza Variety

Fruit & Veggie Selection

Fruit & Veggie Selection may include 1 or more of the following
Fresh Fruit - Apple Slices, Oranges, Grapes, Blueberries, Strawberries
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

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



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

Daily Specials

WEEK OF SEPTEMBER 28 – OCTOBER 2



WEEKLY FEATURE

Pasta Bar

Choice of two daily pasta, alternating daily sauces, and herbed parmesan cheese
Accompaniments: Served with fresh bruschetta and fresh baked bread

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]



Variety of fruits and veggies offered daily

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]



OFFERED DAILY: [add items]

Monday: [add specials here]
Tuesday: [add specials here]
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Thursday: [add specials here]
Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]



HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
Friday: [add specials here]

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



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CULINARY MANAGEMENT
ENVIRONMENTAL SERVICES

Daily Specials

WEEK OF OCTOBER 5 – 9



WEEKLY FEATURE

Poblano's Mex-American

Choice of soft- or hard-shell tortillas or tortilla chips with choice of meat or meat alternative

Accompaniments: Served with ranch refried beans, rice, Mexicali corn, and a variety of salsas

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]



OFFERED DAILY: [add items here]

Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

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Friday: [add specials here]



OFFERED DAILY: [add items here]

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Variety of fruits and veggies offered daily

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OFFERED DAILY: [add items here]

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OFFERED DAILY: [add items]

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Tuesday: [add specials here]

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HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]

Tuesday: [add specials here]

Wednesday: [add specials here]

Thursday: [add specials here]

Friday: [add specials here]

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Daily Specials

WEEK OF OCTOBER 12 – 16



WEEKLY FEATURE

Cyclone Street Noodles

Lo mein noodles with choice of meat or meat alternative tossed with choice of vegetables and choice of sauce
Accompaniments: Stir-fried cabbage, sauteed red pepper, veggie stir-fry, steamed broccoli

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
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OFFERED DAILY: [add items here]

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HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]
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Daily Specials

WEEK OF OCTOBER 19 – 23



WEEKLY FEATURE

Texas Smokehouse

Choice of dry-rubbed BBQ chicken or pork with choice of Kaiser roll or cornbread and choice of BBQ sauce
Accompaniments: Ranch taters, zesty country green beans, BBQ baked beans, slaw, melons

Monday: [add specials here]
Tuesday: [add specials here]
Wednesday: [add specials here]
Thursday: [add specials here]
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OFFERED DAILY: [add items here]

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HOUSE-MADE CONDIMENTS

[add specials here]



Monday: [add specials here]
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Daily Specials

WEEK OF OCTOBER 26 – 30



WEEKLY FEATURE

Mac & Cheese

Pasta with choice of house-made cheese sauce and choice of meat or meat alternative
Accompaniments: Roasted lemon parmesan broccoli, sauteed red peppers

Monday: [add specials here]
Tuesday: [add specials here]
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OFFERED DAILY: [add items here]

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HOUSE-MADE CONDIMENTS

[add specials here]

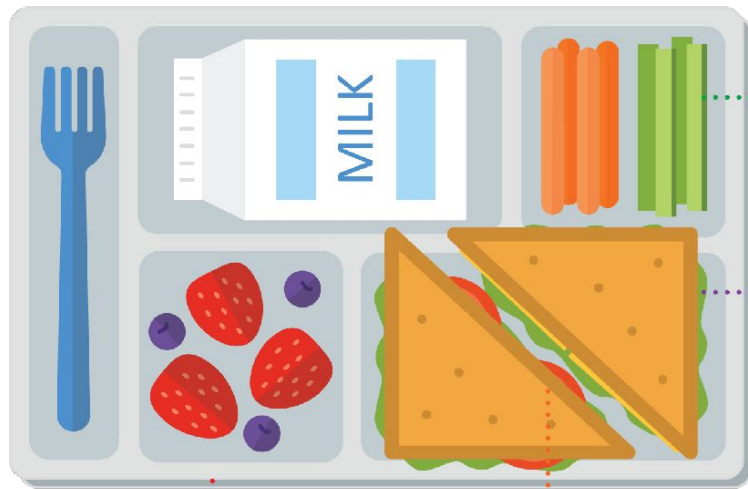


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MILK IS MIGHTY

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!

WHAT IS A SCHOOL LUNCH?

You must 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 ½ cup serving of vegetables must accompany a school lunch.

[HEADING HERE]

[add text here]



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



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WHAT IS A SCHOOL LUNCH?

You must choose at least 3 of 5 meal components available for the school lunch price:

Meat/Meat Alternative, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk

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



[HEADING HERE]

[add text here]

DAILY ALTERNATES

Grille

[add items]

deli

[add items]

Pizza

[add items]

cheffresh

[add items]

GRAVEABLES

[add items]

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