

2015 South Fork Schools Lunch Menu for January

Money for lunches will be accepted in both Cafeterias. We cannot accept any lunch money payments from students in the lunch line at either school. Full Price Student lunches are \$1.75 at Elementary and \$1.95 at Middle School. Those students who qualify receive Reduced Price Lunches for \$.40 at both schools.




If you are unable to pay for lunches for your students please fill out a 'Free or Reduced Price Lunch Application' so your child can receive a balanced and nutritious lunch each day! Please call the Cafeteria Manager, Sherry Webb, at 760-378-1130 if you would like more information about South Fork School Breakfast and Lunch Programs! **Menu is subject to change without notice**

Milk may be purchased separately from lunch for \$.35 each.

Breakfast and Lunch includes a choice of Non-Fat Chocolate or 1% Low-Fat White Milk

Breakfast in the Classroom is Free to all Students



Monday	Tuesday	Wednesday	Thursday	Friday
5 PIZZA TONY'S WEDGE WG CRISP APPLE FARMER'S MARKET MILK - Variety	6 CHICKEN ROASTED - 8 CUT VEGETARIAN BEANS BROWNIE BITES WW FARMER'S MARKET ORANGES BBQ SAUCE PCKT MILK - Variety	7 SPAGHETTI WW & MEATBALLS WITH SAUCE FARMER'S MARKET APPLESAUCE FRUIT, MIXED MILK - Variety	8 QUESADILLA CHEESE WG CORN FARMER'S MARKET DRIED FRUIT & PEANUT MIX PEARS TACO SAUCE PACKET MILK - Variety	9 CHICKEN MANDARIN ORANGE LINGS CHINESE STYLE VEGETABLES FARMER'S MARKET FRUIT JUICE SLUSHIE FORTUNE COOKIE MILK - Variety
12 CHEESE STUFFED BREADSTICKS WG CRISP APPLE FARMER'S MARKET MARINARA SAUCE CUP MILK - Variety	13 TURKEY & GRAVY MASHED POTATOES ROLL, DINNER WW FARMER'S MARKET FRUIT, MIXED APPLESAUCE MILK - Variety	14 RIB-A-QUE HOAGIE ROLL WW OVEN FRIES SEASONED FARMER'S MARKET DRIED FRUIT & PEANUT MIX FRUIT, MIXED BBQ SAUCE PCKT MILK - Variety	15 HAMBURGER ON WW BUN VEGETARIAN BEANS FARMER'S MARKET ORANGES KETCHUP MUSTARD MAYONNAISE MILK - Variety	16 CHICKEN FAJITA TORTILLA, SOFT WG PINTO BEANS FARMER'S MARKET PEARS PEACHES, CANNED TACO SAUCE PACKET MILK - Variety
19 Martin Luther King, Jr. HOLIDAY 	20 CHICKEN PATTY- ROASTED HAMBURGER BUN WW VEGETARIAN BEANS FARMER'S MARKET FRUIT JUICE VAIRETY 4 OZ MUSTARD BBQ SAUCE PCKT MILK - Variety	21 MACARONI AND CHEESE WG ELBOWS FRUIT JUICE SLUSHIE FARMER'S MARKET MILK - Variety 	22 TACO BEEF SOFT TORTILLA WG FARMER'S MARKET ORANGES TACO SAUCE PACKET MILK - Variety	23 CHICKEN ROASTED - 8 CUT CORN NIBLETS BROWNIE BITES WW FARMER'S MARKET PEARS PEACHES, CANNED MILK - Variety
26 PIZZA TONY'S PEPPERONI WG CRISP APPLE FARMER'S MARKET MILK - Variety	27 BURRITO BEAN & CHEESE WG CORN FARMER'S MARKET ORANGES TACO SAUCE PACKET MILK - Variety	28 CHICKEN POPCORN WG GREEN BEANS FARMER'S MARKET BBQ SAUCE CUP MILK - Variety 	29 HAMBURGER ON WW BUN OVEN FRIES SEASONED FARMER'S MARKET FRUIT JUICE SLUSHIE KETCHUP MUSTARD MAYONNAISE MILK - Variety	30 QUESADILLA CHICKEN & CHEESE WG PINTO BEANS FARMER'S MARKET DRIED FRUIT & PEANUT MIX FRUIT, MIXED TACO SAUCE PACKET MILK - Variety



WW=Whole Wheat * LS=Low Sodium * WG=Whole Grain * LF=Low Fat

The USDA is an equal opportunity provider