



Franklin Area High School

January 2022



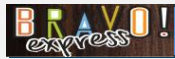
MONDAY
3

TUESDAY
4

WEDNESDAY
5

THURSDAY
6

FRIDAY
7



Market Street Deli

Week 1

Entrée	Entrée	Entrée	Entrée	Entrée
General Tso's Chicken served over White rice	Beef Enchilada	Breaded Italian Chicken w/ Roll	Classic Toasted Cheese Sandwich	Popcorn Chicken and Mashed Potato Bowl topped with Cheddar Cheese w/ Dinner Roll
FEATURED VEGGIES Steamed Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Curly Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Carrots Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Tomato Soup Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk



Poblano Mex-American

Week 2

Entrée	Entrée	Entrée	Entrée	Entrée
Italian Meatball and Cheese on a Toasted Baguette	Hot Dog w/ Chili Sauce	Cowboy Burger w/ Cheese, Onion Rings, and Hickory Smoke BBQ Sauce	Chicken or Beef Philly Cheesesteak on on Toasted Baguette	
FEATURED VEGGIES Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Buttered Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Curly Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Crinkle Cut Oven Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	



Cyclone Street Noodles

Week 3

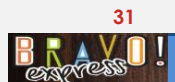
Entrée	Entrée	Entrée	Entrée	Entrée
	Sloppy Joe	County Fair Corn Dog	Fajita Grill Chimichuri Pork or Steak in soft Tortillas	Buffalo Chicken Dip Over Tortilla Chibs
	FEATURED VEGGIES Steamed Garden Peas Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Baked Potato w/ Toppings Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Sautéed Peppers and Onions Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Roasted Lemon & Parm Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk



Texas Smokehouse

Week 4

Entrée	Entrée	Entrée	Entrée	Entrée
Spaghetti and Meatballs w/ Garlic Knot	Beef Nachos Grande	Fish Sticks	Breakfast for Lunch Breakfast Sandwich	Fresh - Dough Pepperoni and Cheese Stromboli with Marinara Dipping Sauce
FEATURED VEGGIES Steamed Mixed Veggies Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Refried Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Zucchini Parmesan Soup Assorted Fresh Vegetables Choice of Fruit Choice of Milk



Pittsburgh Style Salad Bar

Week 5

Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Nuggets w/ Dinner Roll	Chimichuri Pork Roast with Mango Salsa	Citrus Mojo Marinated Chicken Served over Rice with Orange Slice	Sausage Gravy and Biscuits	Fish Sandwich
FEATURED VEGGIES Shoestring French Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Golden Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Poblanos Black Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Tater Tots Assorted Fresh Vegetables Choice of Fruit Choice of Milk



Bravo Pasta

Week 6

Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Bruschetta Sandwich with Melted Mozzarella	General Tso Chicken with Rice	Hot Ham and Cheese Pretzel Melt	French Toast Sticks	Italian Dunkers on Garlic Toast with Marinara Dipping Sauce
FEATURED VEGGIES Peas Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Sweet Potato Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	FEATURED VEGGIES Steamed Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A 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 fat free chocolate, strawberry, or white Milk

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

Leave Your Lunch at Home

Daily entrée options may include:

- 1: Cheese Burger on a Bun
- 2: Chicken Patty on a Bun
- 3: Assorted Sliced Pizza

Weekly Menus

Salad

- Week 1: Crispy Chicken Salad
- 2: Buffalo Chicken Salad w/ Roll
- 3: Chef's Salad w/ roll
- 4: Greek Salad w/ Roll
- 5: Strawberry Spinach Salad w/ Roll
- 6: Caprese Pasta Salad with Roll

Sandwich/Wrap

- Week 1: Ham & Cheese Wrap
- 2: Turkey and Swiss on Baguette
- 3: Buffalo chicken Wrap
- 4: Taco Chicken Roll
- 5: Chicken Caesar Roll
- 6: Italian Wrap



LUNCH PRICES:

Student \$0.00
Reduced \$0.00
Adult \$3.95

General Manager: Tim Gilbert
Phone Number: (814) 432-2121 ex 2120
Email: gilbertt@fasd.k12.pa.us

Menu subject to change based on availability

USDA is an equal opportunity provider and employer.