



Franklin Area High School January 2023



MONDAY
1/2/2022

TUESDAY
1/3/2022

WEDNESDAY
1/4/2022

THURSDAY
1/5/2022

FRIDAY
1/6/2022



Market Street Deli

Week 1

Entrée	Entrée	Entrée	Entrée	Entrée
Vacation Day HAPPY NEW YEAR	Chicken Nuggets w/ Pretzel rod Featured Veggies Steamed Carrots Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Beef Enchilada w/ Roll FEATURED VEGGIES Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Breakfast for Lunch Breakfast Sandwich FEATURED VEGGIES Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Popcorn Chicken and Mashed Potato Bowl topped with Cheddar Cheese w/ Dinner Roll FEATURED VEGGIES Steamed Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk

1/9/2022

1/10/2022

1/11/2022

1/12/2022

1/13/2022



Poblano Mex-American

Week 2

Entrée	Entrée	Entrée	Entrée	Entrée
Italian Meatball and Cheese on a Bun FEATURED VEGGIES Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Hot Dog w/ Chili Sauce on a Bun FEATURED VEGGIES Buttered Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Build a Burger Grill Choice of Cheeses Onions and Mushrooms Onion Rings and Bacon FEATURED VEGGIES Curly Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Chicken or Beef Philly Cheesesteak on a bun FEATURED VEGGIES Crinkle Cut Oven Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Loaded Bacon & Cheddar Pierogis FEATURED VEGGIES Steamed Mixed Vegetables Assorted Fresh Vegetables Choice of Fruit Choice of Milk

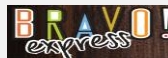
1/16/2022

1/17/2022

1/18/2022

1/19/2022

1/20/2022



Cyclone Street Noodles

Week 3

Entrée	Entrée	Entrée	Entrée	Entrée
Vacation Day	Sloppy Joe on a bun FEATURED VEGGIES Steamed Garden Peas Assorted Fresh Vegetables Choice of Fruit Choice of Milk	County Fair Corn Dog FEATURED VEGGIES Baked Potato w/ Toppings Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Breakfast for Lunch French Toast Sticks and Sausage FEATURED VEGGIES Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Buffalo Chicken Dip Over Tortilla Chibs FEATURED VEGGIES Steamed Buttered Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk

1/23/2022

1/24/2022

1/25/2022

1/26/2022

1/27/2022



Texas Smokehouse

Week 4

Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Alfredo over Penne W/Garlic bread FEATURED VEGGIES Steamed Mixed Vegetables Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Beef Nachos Grande FEATURED VEGGIES Refried Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	General Tso's Chicken served over White rice FEATURED VEGGIES Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Classic Toasted Cheese Sandwich Featured Veggies Tomato Soup Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Fresh - Dough Pepperoni and Cheese Stromboli with Marinara Dipping Sauce FEATURED VEGGIES Steamed Peas Assorted Fresh Vegetables Choice of Fruit Choice of Milk

1/30/2022

1/31/2022

2/1/2022

2/2/2022

2/3/2022



Pittsburgh Style Salad Bar

Week 5

Entrée	Entrée	Entrée	Entrée	Entrée
Act 80 Day	Chicken Gravy served over biscuits FEATURED VEGGIES Steamed Golden Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Teriyaki Chicken Served over Fried Rice FEATURED VEGGIES Steamed Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Waffles & Sausage FEATURED VEGGIES Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Pasta and Meat sauce w/ Bread stick FEATURED VEGGIES Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk

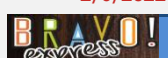
2/6/2022

2/7/2022

2/8/2022

2/9/2022

2/10/2022



Bravo Pasta

Week 6

Entrée	Entrée	Entrée	Entrée	Entrée
Lasagna Rollups w/ Garlic Bread Featured Veggies Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Classic Style Pizza Burgers FEATURED VEGGIES Steamed Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Hot Ham and Cheese Pretzel Melt FEATURED VEGGIES Sweet Potato Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Fajita Grill Chimichurri Pork or Steak in soft Tortillas FEATURED VEGGIES Sautéed Peppers and Onions Assorted Fresh Vegetables Choice of Fruit Choice of Milk	Italian Dunkers on Garlic Toast with Marinara Dipping Sauce 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:

Cheese Burger on a Bun

Chicken Patty on a Bun

Assorted Sliced Pizza

Weekly Menus

Salad

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

Sandwich/Wrap

- Week1: 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 \$4.05

General Manager: David Pankratz
Phone Number: (814) 432-2121 ex 2120
Email: pankratzd@fasd.k12.pa.us

Menu subject to change based on availability

USDA is an equal opportunity provider and employer.