



# Franklin Area High School

2022



**MONDAY**  
8/29/2022

**TUESDAY**  
8/30/2022

**WEDNESDAY**  
8/31/2022

**THURSDAY**  
9/1/2022

**FRIDAY**  
9/2/2022



## Market Street Deli

## Week 1

Entrée	Entrée	Entrée	Entrée	Entrée
	Beef Enchilada Chicken w/ Roll	Chicken Nuggets w/ Pretzel rod	Breakfast for Lunch Breakfast Sandwich	Popcorn Chicken and Mashed Potato Bowl topped with Cheddar Cheese w/ Dinner Roll
	<b>FEATURED VEGGIES</b> Steamed Carrots Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Mashed Potatoes w/ Gravy Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk

9/5/2022

9/6/2022

9/7/2022

9/8/2022

9/9/2022



## Poblano Mex-American

## Week 2

Entrée	Entrée	Entrée	Entrée	Entrée
Memorial Day No School	Hot Dog w/ Chili Sauce on a Bun	Build a Burger Grill Choice of Cheeses Onions and Mushrooms Onion Rings and Bacon	Chicken or Beef Philly Cheesesteak on a bun	Loaded Bacon & Cheddar Pierogis
<b>MEMORIAL DAY</b>	<b>FEATURED VEGGIES</b> Buttered Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Curly Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Crinkle Cut Oven Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Mixed Vegetables Assorted Fresh Vegetables Choice of Fruit Choice of Milk

9/12/2022

9/13/2022

9/14/2022

9/15/2022

9/16/2022



## Cyclone Street Noodles

## Week 3

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

9/19/2022

9/20/2022

9/21/2022

9/22/2022

9/23/2022



## Texas Smokehouse

## Week 4

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

9/26/2022

9/27/2022

9/28/2022

9/29/2022

9/30/2022



## Pittsburgh Style Salad Bar

## Week 5

Entrée	Entrée	Entrée	Entrée	Entrée
Lasagna Rollups w/ Garlic Bread	Chimichuri Pork Roast with Mango Salsa	Teriyaki Chicken Served over Fried Rice	Waffles & Sausage	Pasta and Meat sauce w/ Bread stick
<b>Featured Veggies</b> Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Golden Corn Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Tri Hash Brown Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Green Beans Assorted Fresh Vegetables Choice of Fruit Choice of Milk

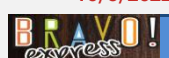
10/3/2022

10/4/2022

10/5/2022


10/6/2022

10/7/2022



## Bravo Pasta

## Week 6

Entrée	Entrée	Entrée	Entrée	Entrée
Chicken Bruschetta Sandwich with Melted Mozzarella	Classic Style Pizza Burgers	Hot Ham and Cheese Pretzel Melt	Fajita Grill Chimichuri Pork or Steak in soft Tortillas	Apple Fest No school
<b>FEATURED VEGGIES</b> Peas Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Steamed Broccoli Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Sweet Potato Fries Assorted Fresh Vegetables Choice of Fruit Choice of Milk	<b>FEATURED VEGGIES</b> Sautéed Peppers and Onions 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 \$2.40  
Reduced \$0.40  
Adult \$3.95

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.