



FRANKLIN ELEMENTARY LUNCH MENU



What is a LUNCH Meal?
 You must choose at least 3 of the 5 components available for the school lunch price.
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 Milk - fat-free white, chocolate, strawberry and vanilla

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Daily Entree Options may include:
 PB&J Sandwich with String Cheese
 or
 Chef Salad w/ Dinner Roll or Pretzel Stick
 or
 Weekly Alternate



Lunch Prices:
 Student \$2.30
 Reduced \$4.40
 Adult \$3.95

District menus are also posted on the FASD website, homepage/parent resources.

FASD - Food Service Director/GM
 814-432-2121 ext. 2120
fasdfoodservice@fasd.k12.pa.us

USDA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
4/1 BBQ Rib Patty On a Roll or Walking Tacos Pretzel Stick Featured Veggies: Steamed Peas Red Pepper Strips Choice of Fruit & Milk 2 Weekly Alternate = Pizza Craveable	4/2 Popcorn Chicken Bowl with Gravy or Mini Corndogs Featured Veggies: Mashed Potatoes Corn Choice of Fruit & Milk	4/3 Cheeseburger On a Bun or Turkey and Cheese Rollup Pinwheels Featured Veggies: Chick Pea Salad French Fries Choice of Fruit & Milk	4/4 Ham BBQ on a Bun or Chicken Tenders Pretzel Stick Featured Veggies: Grapefruit Cole Slaw Choice of Fruit & Milk	4/5 Cheese Pizza or Italian Meatball Sandwich Featured Veggies: Honey Glazed Carrots Spinach Salad Choice of Fruit & Milk
4/8 Chicken Lettuce Wraps or Nachos Grande with Dinner Roll Featured Veggies: Hummus and Crackers Corn Salad Choice of Fruit & Milk 3 Weekly Alternate = Hot Ham and Cheese	4/9 Lasagna Garlic Bread Stick or Grilled Chicken Sandwich Featured Veggies: Green Beans Caesar Salad Choice of Fruit & Milk	4/10 Chicken and Cheese Flatbread or Chicken and Vegetable Quinoa Bowl Featured Veggies: Cottage Cheese with Fruit Peas Choice of Fruit & Milk	4/11 Chicken and Cheese Quesadilla or Italian Hoagie Featured Veggies: Cherry Tomatoes Green Pepper Strips Choice of Fruit & Milk	4/12 Grilled Cheese or Pepperoni Pizza Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit & Milk
4/15 Spaghetti w/ Meatball Garlic Breadstick or Sweet n Sour Chicken over Rice Featured Veggies: Broccoli Florets Green Beans Choice of Fruit & Milk 4 Weekly Alternate = Hot Dog	4/16 Cheese Pierogies w/ Breadstick or Turkey and Cheese Pretzel Melt Featured Veggies: Spinach Salad Coleslaw Choice of Fruit & Milk	4/17 Cream Chicken over Biscuit or Philly Cheesesteak on Hoagie Roll Featured Veggies: Scalloped Potatoes Steamed Carrots Choice of Fruit & Milk	4/18 Soft Shell Tacos or Chicken Patty on a Bun Featured Veggies: Potato Salad Mixed Veggies Choice of Fruit & Milk	4/19
4/22 	4/23 French Toast Sticks Sausage Patties or Steak and Cheese Croissant Featured Veggies: Hashbrown Squash and Asparagus Choice of Fruit & Milk	4/24 Chicken Nuggets Bread Slice or Classic Pizza Burger Featured Veggies: Green Beans Mixed Green Salad Choice of Fruit & Milk	4/25 Cheeseburger Mac or Corndog Featured Veggies: Caesar Salad Peas Choice of Fruit & Milk	4/26 Breaded Shrimp with Dipping Sauce or Chicken Parmesan Sandwich Featured Veggies: Rice Pilaf Mediterranean Blend Veggies Choice of Fruit & Milk
4/29 Cowboy Burger (bbq sauce and onion rings) or Pulled Pork on a bun Featured Veggies: Corn Coleslaw Choice of Fruit & Milk 5 Weekly Alternate = Pita Bread and Hummus with Assorted Vegetables	4/30 Roasted BBQ Chicken Dinner Roll or Italian Dunkers w/ Marinara Sauce Featured Veggies: Mini Black Bean patties Tater Wedges Choice of Fruit & Milk	5/1 	5/2 	5/3
6 Weekly Alternate = Yogurt Craveable				