

December 18-19

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 \$4.00
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

12/3

Fresh Fruit & Yogurt w/ Cheesestick or Nachos Grande Roll

Featured Veggies:

Refried Beans
Corn Salad
Choice of Fruit & Milk

Tuesday

12/4

Lasagna
Garlic Bread Stick or Grilled Chicken Sandwich

Featured Veggies:

Green Beans
Caesar Salad
Choice of Fruit & Milk

Wednesday

12/5

Hot Turkey Sandwich or Chicken and Cheese Flatbread

Featured Veggies:

Mashed Potatoes
Peas
Choice of Fruit & Milk

Thursday

12/6

Popcorn Chicken Dinner Roll or Italian Hoagie

Featured Veggies:

Cherry Tomatoes
Green Pepper Strips
Choice of Fruit & Milk

Friday

12/7

Grilled Cheese or Pepperoni Pizza

Featured Veggies:

Tomato Soup
Baby Carrots
Choice of Fruit & Milk

3 Weekly Alternate = Hot Ham and Cheese

12/10

Spaghetti w/ Meat Sauce
Garlic Breadstick or Sweet n Sour Chicken over Rice

Featured Veggies:

Broccoli Florets
Green Beans
Choice of Fruit & Milk

12/11

Cheese Pierogies w/ breadstick or Turkey and Cheese Pretzel Melt

Featured Veggies:

Spinach Salad
Coleslaw
Choice of Fruit & Milk

12/12

Cream Chicken over Biscuit or Philly Cheesesteak on Hoagie Roll

Featured Veggies:

Mashed Potatoes
Steamed Carrots
Choice of Fruit & Milk

12/13

Soft Shell Tacos

or Chicken Patty on a Bun

Featured Veggies:

Refried Beans
Sweet Potato Fries
Choice of Fruit & Milk

12/14

Sausage Pizza

or Macaroni and Cheese Dinner Roll

Featured Veggies:

Cauliflower
Creamed Cucumbers
Choice of Fruit & Milk

4 Weekly Alternate = Hot Dog

12/17

Hard Shell Tacos or Ham and Turkey Hoagie

Featured Veggies:

Fiesta Corn
Lettuce and Tomato
Choice of Fruit & Milk

12/18

French Toast Sticks
Sausage Patties or Steak and Cheese Croissant

Featured Veggies:

Hashbrown
Celery Sticks
Choice of Fruit & Milk

12/19

Chicken Nuggets
Bread Slice or Pizza Burger

Featured Veggies:

Green Beans
Baby Carrots
Choice of Fruit & Milk

12/20

Ziti and Meatballs
Garlic Breadstick or Corn dog

Featured Veggies:

Caesar Salad
Peas
Choice of Fruit & Milk

12/21

Italian Dunkers w/ Marinara Sauce or Fish Sandwich

Featured Veggies:

Sweet Tater Tots
Green Pepper Strips
Choice of Fruit & Milk

5 Weekly Alternate = Hot Turkey and Cheese

12/24



WINTER BREAK
NO SCHOOL!

12/25



12/26



12/27

12/28

6

12/31

NEW YEAR'S EVE

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