

February 18-19

FRANKLIN ELEMENTARY LUNCH MENU



Monday

1/28

Tuesday

1/29

Wednesday

1/30

Thursday

1/31

Friday

2/1



Italian Dunkers
w/ Marinara Sauce
or
Fish Sandwich

Featured Veggies:
Sweet Potato Fries
Broccoli with Cheese
Choice of Fruit & Milk

5 Weekly Alternate = Hot Turkey and Cheese

2/4

Cowboy Burger
(bbq sauce and onion rings)
or

Pulled Pork
on a bun

Featured Veggies:

Corn
Coleslaw
Choice of Fruit & Milk

2/5

Nachos Grande
Dinner Roll
or

Popcorn Chicken
Pretzel Stick

Featured Veggies:

Seasoned Black Beans
Tater Wedges
Choice of Fruit & Milk

2/6

Chicken Alfredo over Penne
Roll
or

Ham and Cheese Croissant

Featured Veggies:

Steamed Broccoli
Cherry Tomatoes
Choice of Fruit & Milk

2/7

Cheesedog

or

BBQ Chicken Wrap

Featured Veggies:

Broccoli with Cheese
Romaine Salad
Choice of Fruit & Milk

2/8

Grilled Cheese

or

Cheese Ravioli
Garlic Breadstick

Featured Veggies:

Tomato Soup
Red Pepper Strips
Choice of Fruit & Milk

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 \$.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.

6 Weekly Alternate = Yogurt Craveable

2/11

General Tso's Chicken
Over Rice
or
Meatball Sandwich

Featured Veggies:

Mixed Vegetables
Cucumber Slices
Choice of Fruit & Milk

2/12

Apple BBQ Pork
On a Bun
or
Sloppy Joe

Featured Veggies:

Baked Beans
Coleslaw
Choice of Fruit & Milk

2/13

Chicken Patty
On a Bun
or
Turkey and Cheese Croissant

Featured Veggies:

Tater Tots
Corn
Choice of Fruit & Milk

2/14



Taco Salad
w/ corn chips
or
Chicken & Cheese Quesadilla

Featured Veggies:

Spinach Salad
Broccoli with Cheese
Choice of Fruit & Milk

2/15

Macaroni & Cheese
with a Dinner Roll
or
Stuffed Crust Pizza

Featured Veggies:

Zucchini
Caesar Salad
Choice of Fruit & Milk

1 Weekly Alternate = Cheeseburger

2/18



2/19

Popcorn Chicken Bowl
with Gravy
or

Mini Corndogs

Featured Veggies:

Mashed Potatoes
Corn
Choice of Fruit & Milk

2/20

Cheeseburger
On a Bun
or
Ham and Cheese
On a Bun

Featured Veggies:

Broccoli with Cheese
French Fries
Choice of Fruit & Milk

2/21

Ham BBQ
on a Bun
or
Chicken Tenders
Pretzel Stick

Featured Veggies:

Celery Sticks
Broccoli Florets
Choice of Fruit & Milk

2/22

Cheese Pizza
or
Italian Meatball
Sandwich

Featured Veggies:

Glazed Carrots
Spinach Salad
Choice of Fruit & Milk

2 Weekly Alternate = Pizza Craveable

2/25

Fresh Fruit & Yogurt
w/ Cheesestick
or

Nachos Grande
Roll

Featured Veggies:

Refried Beans
Corn Salad
Choice of Fruit & Milk

2/26

Lasagna
Garlic Bread Stick
or

Grilled Chicken Sandwich

Featured Veggies:

Green Beans
Caesar Salad
Choice of Fruit & Milk

2/27

Hot Turkey Sandwich
or

Chicken and Cheese
Flatbread

Featured Veggies:

Mashed Potatoes
Peas
Choice of Fruit & Milk

2/28

Popcorn Chicken
Dinner Roll
or

Italian Hoagie

Featured Veggies:

Cherry Tomatoes
Green Pepper Strips
Choice of Fruit & Milk

3 Weekly Alternate = Hot Ham and Cheese