

# January 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 \$ .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](mailto:fasdfoodservice@fasd.k12.pa.us)

USDA is an equal opportunity provider and employer.

### Monday

1/31

**NEW YEAR'S EVE**

#### 1 Weekly Alternate = Cheeseburger

1/7

BBQ Rib Patty  
On a Roll  
or  
Walking Tacos  
Pretzel Stick

**Featured Veggies:**  
Steamed Peas  
Red Pepper Strips  
Choice of Fruit & Milk

### Tuesday

1/1



1/8

Popcorn Chicken Bowl  
with Gravy  
or

Mini Corndogs  
**Featured Veggies:**  
Mashed Potatoes  
Corn  
Choice of Fruit & Milk

### Wednesday

1/2

Chicken Patty  
On a Bun  
or  
Turkey and Cheese Croissant

**Featured Veggies:**  
Tater Tots  
Corn  
Choice of Fruit & Milk

### Thursday

1/3

Taco Salad  
w/ corn chips  
or  
Chicken & Cheese Quesadilla

**Featured Veggies:**  
Spinach Salad  
Baby Carrots  
Choice of Fruit & Milk

### Friday

1/4

Macaroni & Cheese  
with a Dinner Roll  
or  
Stuffed Crust Pizza

**Featured Veggies:**  
Zucchini  
Caesar Salad  
Choice of Fruit & Milk

#### 2 Weekly Alternate = Pizza Craveables

1/14

Fresh Fruit & Yogurt  
w/ Cheesestick  
or  
Nachos Grande  
Roll

**Featured Veggies:**  
Refried Beans  
Corn Salad  
Choice of Fruit & Milk

1/15

Lasagna  
Garlic Bread Stick  
or  
Grilled Chicken Sandwich

**Featured Veggies:**  
Green Beans  
Caesar Salad  
Choice of Fruit & Milk

1/16

Hot Turkey Sandwich  
or  
Chicken and Cheese  
Flatbread

**Featured Veggies:**  
Mashed Potatoes  
Peas  
Choice of Fruit & Milk

1/17

Popcorn Chicken  
Dinner Roll  
or  
Italian Hoagie

**Featured Veggies:**  
Cherry Tomatoes  
Green Pepper Strips  
Choice of Fruit & Milk

1/18



#### 3 Weekly Alternate = Hot Ham and Cheese

1/21



1/22

Cheese Pierogies  
w/ breadstick  
or  
Turkey and Cheese  
Pretzel Melt

**Featured Veggies:**  
Spinach Salad  
Coleslaw  
Choice of Fruit & Milk

1/23

Cream Chicken  
over Biscuit  
or  
Philly Cheesesteak  
on Hoagie Roll

**Featured Veggies:**  
Mashed Potatoes  
Steamed Carrots  
Choice of Fruit & Milk

1/24

Soft Shell Tacos  
or  
Chicken Patty  
on a Bun

**Featured Veggies:**  
Refried Beans  
Sweet Potato Fries  
Choice of Fruit & Milk

1/25

Sausage Pizza  
or  
Macaroni and Cheese  
Dinner Roll

**Featured Veggies:**  
Cauliflower  
Creamed Cucumbers  
Choice of Fruit & Milk

#### 4 Weekly Alternate = Hot Dog

1/28

Hard Shell Tacos  
or  
Ham and Turkey Hoagie

**Featured Veggies:**  
Fiesta Corn  
Lettuce and Tomato  
Choice of Fruit & Milk

1/29

French Toast Sticks  
Sausage Patties  
or  
Steak and Cheese Croissant

**Featured Veggies:**  
Hashbrown  
Celery Sticks  
Choice of Fruit & Milk

1/30

Chicken Nuggets  
Bread Slice  
or  
Pizza Burger

**Featured Veggies:**  
Green Beans  
Baby Carrots  
Choice of Fruit & Milk

1/31

Ziti and Meatballs  
Garlic Breadstick  
or  
Corn dog

**Featured Veggies:**  
Caesar Salad  
Peas  
Choice of Fruit & Milk

#### 5 Weekly Alternate = Hot Turkey and Cheese