

March 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 \$4.40
 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

2/25



3 Weekly Alternate = Hot Ham and Cheese

3/4

Spaghetti w/ Meatballs
 Garlic Breadstick
 or
 Chicken Patty on a Bun
Featured Veggies:
 Cheesy Broccoli
 Potato Salad
 Choice of Fruit & Milk

4 Weekly Alternate = Hot Dog

3/11

BBQ Ribby Hoagie
 or
 Stuffed Peppers
Featured Veggies:
 Spinach Salad
 Peas and Carrots
 Choice of Fruit & Milk

5 Weekly Alternate = Hot Turkey and Cheese

3/18

Cowboy Burger (bbq sauce and onion rings)
 or
 Pulled Pork on a bun
Featured Veggies:
 Corn
 Coleslaw
 Choice of Fruit & Milk

6 Weekly Alternate = Yogurt Craveable

3/25

General Tso's Chicken Over Rice
 or
 Meatball Sandwich
Featured Veggies:
 French Fries
 Honey Glazed Carrots
 Choice of Fruit & Milk

Tuesday

2/26



3 Weekly Alternate = Hot Ham and Cheese

3/5

Cheese Pierogies w/ breadstick
 or
 Turkey and Cheese Pretzel Melt
Featured Veggies:
 Green Beans
 Coleslaw
 Choice of Fruit & Milk

4 Weekly Alternate = Hot Dog

3/12

French Toast Sticks
 Sausage Patties
 or
 Steak and Cheese Croissant
Featured Veggies:
 Hashbrown
 Grapefruit
 Choice of Fruit & Milk

5 Weekly Alternate = Hot Turkey and Cheese

3/19

Fish Sticks with Biscuit
 or
 Popcorn Chicken with Biscuit
Featured Veggies:
 Green Beans
 Tater Wedges
 Choice of Fruit & Milk

6 Weekly Alternate = Yogurt Craveable

3/26

Apple BBQ Pork On a Bun
 or
 Sloppy Joe
Featured Veggies:
 Baked Beans
 Coleslaw
 Choice of Fruit & Milk

Wednesday

2/27



3 Weekly Alternate = Hot Ham and Cheese

3/6

Cream Chicken over Biscuit
 or
 Philly Cheesesteak on Hoagie Roll
Featured Veggies:
 Mashed Potatoes
 Steamed Carrots
 Choice of Fruit & Milk

4 Weekly Alternate = Hot Dog

3/13

Chicken Nuggets
 Bread Slice
 or
 Pizza Burger
Featured Veggies:
 Green Beans
 Scalloped Potatoes
 Choice of Fruit & Milk

5 Weekly Alternate = Hot Turkey and Cheese

3/20

Chicken Alfredo over Penne
 Dinner Roll
 or
 Ham and Cheese Croissant
Featured Veggies:
 Steamed Broccoli
 Garden Salad
 Choice of Fruit & Milk

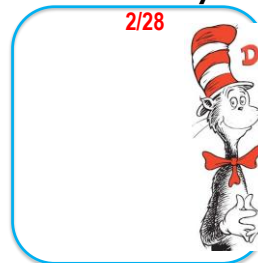
6 Weekly Alternate = Yogurt Craveable

3/27

Chicken Patty On a Bun
 or
 Turkey and Cheese Croissant
Featured Veggies:
 Tater Tots
 Corn
 Choice of Fruit & Milk

Thursday

2/28



3 Weekly Alternate = Hot Ham and Cheese

3/7

Soft Shell Tacos
 or
 Sweet and Sour Chicken over Rice
Featured Veggies:
 Refried Beans
 Spinach Salad
 Choice of Fruit & Milk

4 Weekly Alternate = Hot Dog

3/14

Sheppards Pie
 or
 Corn dog
Featured Veggies:
 Caesar Salad
 Green Bean Casserole
 Choice of Fruit & Milk

5 Weekly Alternate = Hot Turkey and Cheese

3/21

Cheesedog
 or
 BBQ Chicken Wrap
Featured Veggies:
 Mixed Veggies
 Romaine Salad
 Choice of Fruit & Milk

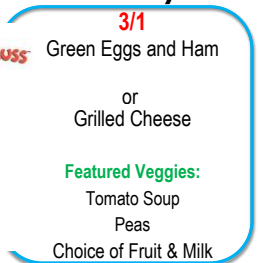
6 Weekly Alternate = Yogurt Craveable

3/28

Taco Salad w/ corn chips
 or
 Chicken & Cheese Quesadilla
Featured Veggies:
 Spinach Salad
 Peas and Carrots
 Choice of Fruit & Milk

Friday

3/1



3 Weekly Alternate = Hot Ham and Cheese

3/8

Sausage Pizza
 or
 Macaroni and Cheese Dinner Roll
Featured Veggies:
 Parmesan Roasted Cauliflower
 Creamed Cucumbers
 Choice of Fruit & Milk

4 Weekly Alternate = Hot Dog

3/15



5 Weekly Alternate = Hot Turkey and Cheese

3/22

Grilled Cheese
 or
 Cheese Ravioli
 Garlic Breadstick
Featured Veggies:
 Tomato Soup
 Peas
 Choice of Fruit & Milk

6 Weekly Alternate = Yogurt Craveable

3/29

Macaroni & Cheese with a Dinner Roll
 or
 Stuffed Crust Pizza
Featured Veggies:
 Roasted Zucchini
 Caesar Salad
 Choice of Fruit & Milk

1 Weekly Alternate = Cheeseburger