

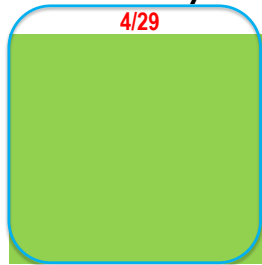


FRANKLIN ELEMENTARY LUNCH MENU



Monday

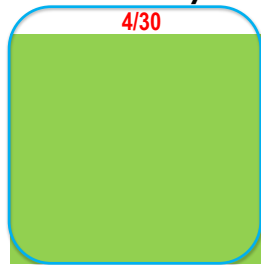
4/29



6 Weekly Alternate = Yogurt Craveable

Tuesday

4/30



6 Weekly Alternate = Yogurt Craveable

Wednesday

5/1

Chicken Alfredo over Penne
Dinner Roll
or
Ham and Cheese Croissant

Featured Veggies:
Steamed Broccoli
Cherry Tomatoes
Choice of Fruit & Milk

Thursday

5/2

Cheesedog
or
BBQ Chicken Wrap

Featured Veggies:
Baked Beans
Romaine Salad
Choice of Fruit & Milk

Friday

5/3



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.

1 Weekly Alternate = Cheeseburger

5/13

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

5/20

Chicken Lettuce Wraps
or
Nachos Grande
with Dinner Roll

Featured Veggies:
Hummus and Crackers
Corn Salad
Choice of Fruit & Milk

3 Weekly Alternate = Hot Hame and Cheese

5/27



4 Weekly Alternate = Hot Dog

5/7

Apple BBQ Pork
On a Bun
or
Sloppy Joe

Featured Veggies:
Baked Beans
Coleslaw
Choice of Fruit & Milk

5/21

Lasagna
Garlic Bread Stick
or
Grilled Chicken Sandwich

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

5/28

Cheese Pierogies
w/ Breadstick
or
Turkey and Cheese
Pretzel Melt

Featured Veggies:
Spinach Salad
Coleslaw
Choice of Fruit & Milk

5/8

Chicken Patty
On a Bun
or
Turkey and Cheese
Croissant

Featured Veggies:
Tater Tots
Corn
Choice of Fruit & Milk

5/15

Cheeseburger
On a Bun
or
Turkey and Cheese
Rollup Pinwheels

Featured Veggies:
Chick Pea Salad
French Fries
Choice of Fruit & Milk

5/22

Chicken and Cheese
Flatbread
or
Chicken and Vegetable
Quinoa Bowl

Featured Veggies:
Cottage Cheese with Fruit
Peas
Choice of Fruit & Milk

5/29

Cream Chicken
over Biscuit
or
Philly Cheesesteak
on Hoagie Roll

Featured Veggies:
Scalloped Potatoes
Steamed Carrots
Choice of Fruit & Milk

5/9

Taco Salad
w/ corn chips
or
Chicken & Cheese Quesadilla

Featured Veggies:
Spinach Salad
Peas and Carrots
Choice of Fruit & Milk

5/16

Ham BBQ
on a Bun
or
Chicken Tenders
Pretzel Stick

Featured Veggies:
Grapefruit
Cole Slaw
Choice of Fruit & Milk

5/23

Chicken and Cheese
Quesadilla
or
Italian Hoagie

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

5/30

Soft Shell Tacos
or
Chicken Patty
on a Bun

Featured Veggies:
Potato Salad
Mixed Veggies
Choice of Fruit & Milk

5/10

Macaroni & Cheese
with a Dinner Roll
or
Stuffed Crust Pizza

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

5/17

Cheese Pizza
or
Italian Meatball
Sandwich

Featured Veggies:
Honey Glazed Carrots
Spinach Salad
Choice of Fruit & Milk

5/24

Grilled Cheese with
Tomato Soup
or
Pepperoni Pizza

Featured Veggies:
California Blend Vegetables
Baby Carrots
Choice of Fruit & Milk

5/31

Sausage Pizza
or
Macaroni and Cheese
Dinner Roll

Featured Veggies:
Cauliflower
Creamed Cucumbers
Choice of Fruit & Milk