



Franklin Area High School

18-19

December Lunch Menu

LUNCH PRICES

STUDENT \$2.40
REDUCED \$0.40
ADULT \$3.95

What is a LUNCH Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread, choice of milk

A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable **MUST accompany a reimbursable lunch!**

Weekly Vegetable Subgroups May Include:

Dark Green
spinach - broccoli
romaine - spring salad
Red - Orange
carrots - sweet potatoes
tomatoes - red peppers
Beans & Peas
Starchy
white potatoes
corn - peas

Other vegetables include
celery sticks - cucumbers green
peppers - green bean
iceberg lettuce - onion
zucchini - mushrooms

Daily Fruit Selections May Include:

Oranges - Apples - Bananas
Grapes - Pears - Peaches
Cantaloupe - Melon
Berries - Applesauce
Pineapple - Mixed Fruit
Mandarin Oranges

Daily entrée options may include:

Chicken Patty
Cheeseburger
Cheese Pizza
Assorted Salads and Wraps
made fresh daily.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose any Entrée	12/3	12/4	12/5	12/6	12/7
<i>Main Plate</i>	Chicken Stir Fry Noodle Bowl	Lasagna w/ Breadstick	Hot Turkey Sandwich	Italian Sausage w/ peppers and onions	Grilled Cheese
J. CLARK'S GRILLE	Bacon Cheeseburger	Grilled Chicken Sandwich	Ham n Cheese Pretzel Roll	Chicken Parm Sandwich	Turkey Burger
BRAVO!	Nacho Bar	Nacho Bar	Nacho Bar	Nacho Bar	Nacho Bar
VILLA TOSCANA	Pepperoni Pizza	Buffalo Chicken Pizza	Pepperoni Pizza	Buffalo Chicken Pizza	Pepperoni Pizza
UPPER GRABS	Fresh fruit and yogurt	Pepperoni Rolls	Boneless Wings	Corndog	Mozerella Stuffed Breadsticks
Featured Veggies	Vegetable Egg Roll	Caesar Salad	Mashed Potatoes	Chick Pea Salad	Tomato Soup
Featured Fruit	Cherry Tomatoes	Green Beans	Peas	Roasted Tomatoes	Vegetable Pasta Salad
	Watermelon	Honeydew	Oranges	Cantaloupe	Pineapple
Choose any Entrée	12/10	12/11	12/12	12/13	12/14
<i>Main Plate</i>	Spaghetti w/ Meat Sauce	Fiesta Chicken Pasta	Beef Stroganoff	Philly Cheesesteak	Jacked Up Fries
J. CLARK'S GRILLE	Rodeo Burger	1/4# Hotdog	Turkey Cheeze Croissant	Pizza Burger	Fish Sandwich
BRAVO!	Wok n Roll	Wok n Roll	Wok n Roll	Wok n Roll	Wok n Roll
VILLA TOSCANA	Sausage Pizza	Cheeseburger Pizza	Sausage Pizza	Cheeseburger Pizza	Sausage Pizza
UPPER GRABS	Chicken Tenders	Walking Tacos	Loaded Pasta Salad	Turkey and Cheese Hoagie	Chicken Salad Croissant
Featured Veggies	Garlic Zucchini	Seasoned Black Beans	Mashed Potatoes	Sweet Potato Fries	Dill Cream Cucumbers
Featured Fruit	Broccoli Florets	Green Chile Corn	Steamed Carrots	Grilled Peppers/Onions	Parm Roasted Cauliflower
	Watermelon	Honeydew	Oranges	Cantaloupe	Pineapple
Choose any Entrée	12/17	12/18	12/19	12/20	12/21
<i>Main Plate</i>	Dippin Chicken	French Toast Sticks Sausage	Creamed Chicken over Biscuit	Chicken Fajitas	Italian Dunkers w/ Marinara Sauce
J. CLARK'S GRILLE	Turkey Club	Cordon Bleu Sandwich	Buffalo Popcorn Chicken	BBQ Ribby	Spicy Chicken Patty
BRAVO!	Pasta Bar	Pasta Bar	Pasta Bar	Pasta Bar	Pasta Bar
VILLA TOSCANA	Pepperoni Pizza	Chicken Bacon Ranch Pizza	Pepperoni Pizza	Chicken Bacon Ranch Pizza	Pepperoni Pizza
UPPER GRABS	Turkey & Cheese on Pretzel	Ham and Cheese Hoagie	Chicken Wings	BBQ Kielbasa Sandwich	Chili Cheese Dogs
Featured Veggies	Onion Rings	Hashbrowns	Peas	Garlic Hummus	Steamed Broccoli
Featured Fruit	Celery sticks	Red Pepper Strips	Potato Salad	Spinach Salad	Cherry Tomatoes
	Watermelon	Honeydew	Oranges	Cantaloupe	Pineapple
Choose any Entrée	12/24	12/25	12/26	12/27	12/28
<i>Main Plate</i>					
J. CLARK'S GRILLE					
BRAVO!					
VILLA TOSCANA					
UPPER GRABS					
Featured Veggies					
Featured Fruit					
Choose any Entrée	12/31				
<i>Main Plate</i>					
J. CLARK'S GRILLE					
BRAVO!					
VILLA TOSCANA					
UPPER GRABS					
Featured Veggies					
Featured Fruit					

District menus are also posted on the FASD website, homepage/parent resources.

FASD - Food Service Director/GM fasdfoodservice@fasd.k12.pa.us

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