

# January 2025



## Franklin Regional Primary School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday



**What is a 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**  
Meal or meal alternate  
Choice of Vegetable  
Choice of Fruit  
Grain/Bread  
Choice of Milk - 1% white, and fat-free chocolate

**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

**LEAVE YOUR LUNCHBOX AT HOME!  
DAILY ALTERNATES.**

**Fresh Entree Salad of the Week**



**Craveable of the Week, which could include:**  
Nacho with Chips and Salsa, Make your Own Pizza, Yogurt Cheese stick and Crackers, Breadstick Dipper, and more..

**Nutritious Friends**

Look for our Nutritious Friend of the Month on the menu!

This Month.....



**DAILY OPTIONS**

Dinner rolls served Daily  
Salad of the Daily  
PBJ Craveable Daily

Menu items in Red are weekly choices

Lunch Prices

Paid lunch 2.70

Free and Reduced 0.00

Adult \$5.20

Ala cart items are priced as marked.

Additional meals 5.20

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Menu is subject to change

USDA is an equal opportunity provider and employer.

<p><b>6</b></p> <p>Turkey Bacon Hoagie Chicken Salad Chicken Nuggets Italian Hoagie Pizza Craveable</p> <p><b>Featured Veggies:</b> Sweet Potatoes Corn Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Chicken Soft Taco Chicken Salad Hot Dog on a bun Italian Hoagie Pizza Craveable</p> <p><b>Featured Veggies:</b> Black Bean Tomatoes Salsa Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Pasta w/ Meatballs Breadstick Chicken Salad Hamburger on a bun Italian Hoagie Pizza Craveable</p> <p><b>Featured Veggies:</b> Seasoned Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Bacon Cheese Burger On a Bun Chicken Salad Popcorn Chicken Italian Hoagie Pizza Craveable</p> <p><b>Featured Veggies:</b> Roasted Zucchini Caesar Side Salad Choice of Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Cheese or Pepperoni Pizza Chicken Salad Chicken patty on a bun Italian Hoagie Pizza Craveable</p> <p><b>Featured Veggies:</b> Oven Fries Carrot Choice of Fruit Choice of Milk</p>
<p><b>13</b></p> <p>Panther Club Hoagie Ham turkey and cheese Panther Salad Hamburger on a bun Italian Wrap Nacho Craveable</p> <p><b>Featured Veggies:</b> Grape Tomatoes Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Slow Roasted Seasoned Pork Taco Panther Salad Corn Dog Italian Wrap Nacho Craveable</p> <p><b>Featured Veggies:</b> Black Beans Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Asian Sesame Chicken Over Rice Panther Salad Chicken Nuggets Italian Wrap Nacho Craveable</p> <p><b>Featured Veggies:</b> Cucumber Salad Seasoned Carrots Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p><b>Bacon Meatloaf cheese Burger</b> Panther Salad Chicken patty on a bun Italian Wrap Nacho Craveable</p> <p><b>Featured Veggies:</b> Oven Fries Baby carrots Choice of Fruit Choice of Milk</p>	<p><b>17</b></p> <p>Cheese or Pepperoni Pizza Panther Salad Chicken Tenders Italian Wrap Nacho Craveable</p> <p><b>Featured Veggies:</b> Oven Sweet Potato Green beans Choice of Fruit Choice of Milk</p>
<p><b>20</b></p> <p><b>MARTIN LUTHER KING JR. DAY</b></p> <p>Nacho Grande Beef Chef Salad Hamburger on a bun Turkey &amp; Cheese Sandwich Yogurt Craveable</p> <p><b>Featured Veggies:</b> Mexicali Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p>Nacho Grande Beef Chef Salad Hamburger on a bun Turkey &amp; Cheese Sandwich Yogurt Craveable</p> <p><b>Featured Veggies:</b> Mexicali Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>22</b></p> <p>Pasta with meatballs Garlic Stick Chef Salad Popcorn Chicken Turkey &amp; Cheese Sandwich Yogurt Craveable</p> <p><b>Featured Veggies:</b> Italian Mixed Vegetables Carrots Choice of Fruit Choice of Milk</p>	<p><b>23</b></p> <p>French toast Sticks sausage links Chef Salad Hot Dog on a bun Turkey &amp; Cheese Sandwich Yogurt Craveable</p> <p><b>Featured Veggies:</b> Hash brown Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Cheese or Pepperoni Pizza Chef Salad Chicken Nuggets Turkey &amp; Cheese Sandwich Yogurt Craveable</p> <p><b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>27</b></p> <p><b>Bacon Meatloaf cheese Burger</b> Chicken Salad Chicken Nuggets Italian Hoagie Breadstick Craveable</p> <p><b>Featured Veggies:</b> Seasoned Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Chicken Quesadilla Chicken Salad Hot Dog on a bun Italian Hoagie Breadstick Craveable</p> <p><b>Featured Veggies:</b> Black Beans Corn Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Panther Bowl Chicken Salad Hamburger on a bun Italian Hoagie Breadstick Craveable</p> <p><b>Featured Veggies:</b> Mashed potatoes Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Pierogies Chicken Salad Chicken Tenders Italian Hoagie Breadstick Craveable</p> <p><b>Featured Veggies:</b> Tomatoes Grilled Onions Choice of Fruit Choice of Milk</p>	<p><b>31</b></p> <p>Cheese or Pepperoni Pizza Chicken Salad Chicken patty on a bun Italian Hoagie Breadstick Craveable</p> <p><b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>