

February/  
March 2026



# Franklin Regional Intermediate School Lunch Menu

**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**  
Meat or meat 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 is  
**February is Cherries**  
March is Oats.

**DAILY OPTIONS**

Dinner rolls served Daily  
Salad of the Daily  
Pizza Served 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 do to product availability

USA is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2/2</b> Italian Grilled Chicken on a Roll <b>Panther Salad</b> Chicken Nuggets Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Fries Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>2/3</b> Beef Soft Taco <b>Panther Salad</b> Chicken patty on a bun Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Black Beans Tomato &amp; Onion Salsa Choice of Fruit Choice of Milk</p>	<p><b>2/4</b> Ravioli with Meat sauce Garlic Stick <b>Panther Salad</b> Hamburger on a bun Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Dried Cherries Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>2/5</b> Grilled Cheese Sandwich <b>Panther Salad</b> Corn Dog Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Tomato Soup Romaine Salad Choice of Fruit Choice of Milk</p>	<p><b>2/6</b> Cheese Steak Hoagie <b>Panther Salad</b> Popcorn Chicken Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Grape Tomatoes Roasted Zucchini Choice of Fruit Choice of Milk</p>
<p><b>2/9</b> Sausage Egg and Cheese on an English Muffin <b>Chef Salad</b> Chicken patty on a bun Turkey &amp; Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Hash brown Pumpkin Bread Choice of Fruit Choice of Milk</p>	<p><b>2/10</b> Nacho Grande Beef <b>Chef Salad</b> Hamburger on a bun Turkey &amp; Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Corn Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>2/11</b> Bacon Cheeseburger Oven Fries <b>Chef Salad</b> Chicken Tenders Turkey &amp; Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Oriental Vegetables Dried Cherries Choice of Fruit Choice of Milk</p>	<p><b>2/12</b> Chicken and Gravy over Biscuits. <b>Chef Salad</b> Hot Dog on a bun Turkey &amp; Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Hash brown Corn Salad Choice of Fruit Choice of Milk</p>	<p><b>2/13</b> <b>No School</b></p>
<p><b>2/16</b> <b>Presidents' Day</b></p>	<p><b>2/17</b> Asian Sesame Chicken Over Rice <b>Chicken Salad</b> Hot Dog on a bun Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Mixed Vegetables Tomatoes Salsa Choice of Fruit Choice of Milk</p>	<p><b>2/18</b> Fish Sandwich Macaroni and cheese <b>Chicken Salad</b> Hamburger on a bun Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Seasoned Broccoli Dried Cherries Choice of Fruit Choice of Milk</p>	<p><b>2/19</b> Seasoned wings 4 wings <b>Chicken Salad</b> Popcorn Chicken Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Roasted Zucchini Caesar Side Salad Choice of Fruit Choice of Milk</p>	<p><b>2/20</b> Italian Meatballs &amp; Cheese on a hoagie <b>Chicken Salad</b> Fish sandwich Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Oven Fries Carrot Choice of Fruit Choice of Milk</p>
<p><b>2/23</b> BBQ Chicken Hoagie <b>Panther Salad</b> Hamburger on a bun Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Baked Beans Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>2/24</b> Slow Roasted Seasoned Pork Taco <b>Panther Salad</b> panther Salad Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Black Beans Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>2/25</b> General Tso's Over Rice <b>Panther Salad</b> Chicken Nuggets Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Grape tomatoes Dried Cherries Choice of Fruit Choice of Milk</p>	<p><b>2/26</b> Panther Bowl <b>Panther Salad</b> Chicken patty on a bun Yogurt Craveable Nacho Craveable <b>Featured Veggies:</b> Oven Fries Baby carrots Choice of Fruit Choice of Milk</p>	<p><b>2/27</b> Corn Dog <b>Panther Salad</b> Grilled Cheese Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Oven Sweet Potato Green beans Choice of Fruit Choice of Milk</p>
<p><b>3/2</b> French toast Sticks sausage links <b>Chef Salad</b> Chicken patty on a bun Turkey &amp; Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Oven Fries Pumpkin Bread Choice of Fruit Choice of Milk</p>	<p><b>3/3</b> Nacho Grande Beef <b>Chef Salad</b> Hamburger on a bun Turkey &amp; Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Mexicali Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>3/4</b> Lasagna Rollups Garlic Breadstick <b>Chef Salad</b> Popcorn Chicken Turkey &amp; Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Italian Mixed Vegetables Carrots Choice of Fruit Choice of Milk</p>	<p><b>3/5</b> Chicken Drumsticks <b>Chef Salad</b> Hot Dog on a bun Turkey &amp; Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Hash brown Oatmeal w/fruit Choice of Fruit Choice of Milk</p>	<p><b>3/6</b> Fish Sandwich <b>Chef Salad</b> Chicken Nuggets Turkey &amp; Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>3/9</b> Cheese steak hoagie <b>Chicken Salad</b> Chicken Nuggets Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Seasoned Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>3/10</b> Chicken Quesadilla <b>Chicken Salad</b> Hot Dog on a bun Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Black Beans Apple crisp oat topping Choice of Fruit Choice of Milk</p>	<p><b>3/11</b> Chicken Ramen <b>Chicken Salad</b> Hamburger on a bun Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Mashed potatoes Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>3/12</b> Turkey Bacon Cheese Sandwich <b>Chicken Salad</b> Chicken Tenders Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Tomatoes Peppers and Onions Choice of Fruit Choice of Milk</p>	<p><b>3/13</b> Italian dunker w/ Sauce <b>Chicken Salad</b> Chicken patty on a bun Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>