



March/April 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**

**GRAVEABLES**

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 **Black Beans**

**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  
 Sonny Burns  
 Food Service Director  
 724-325-1977  
[sburns@franklinregional.k12.pa.us](mailto:sburns@franklinregional.k12.pa.us)

Menu is subject to change do to product availability  
 USDA is an equal opportunity provider and employer.

Monday 3/16	Tuesday 3/17	Wednesday 3/18	Thursday 3/19	Friday 3/20
<b>No School</b>	Beef Soft Taco Panther Salad Chicken patty on a bun Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Black Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	Ravioli with Meat sauce Garlic Stick Panther Salad Hamburger on a bun Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Chickpea Salad Baby Carrots Choice of Fruit Choice of Milk	Grilled Cheese Sandwich Panther Salad Corn Dog Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Tomato Soup Romaine Salad Choice of Fruit Choice of Milk	Panther Salad Popcorn Chicken Yogurt Craveable Ham and Cheese Sandwich <b>Featured Veggies:</b> Grape Tomatoes Roasted Zucchini Choice of Fruit Choice of Milk
3/23 Sausage Egg and Cheese on an English Muffin Chef Salad Chicken patty on a bun Turkey & Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Hash browns Chicpea Salad Choice of Fruit Choice of Milk	3/24 Nacho Grande Beef Chef Salad Hamburger on a bun Turkey & Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Corn Caesar Salad Choice of Fruit Choice of Milk	3/25 Asian Sesame Chicken Over Rice Chef Salad Chicken Tenders Turkey & Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Oriental Vegetables Green Pepper Strips Choice of Fruit Choice of Milk	3/26 Chicken and Gravy over Biscuits. Chef Salad Hot Dog on a bun Turkey & Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Hash browns Corn Salad Choice of Fruit Choice of Milk	3/27 Pierogies Chef Salad Black Bean Burger Turkey & Cheese Sandwich Breadstick Craveable <b>Featured Veggies:</b> Roasted Sweet Potatoes Oven Roasted Chickpeas Choice of Fruit Choice of Milk
3/30 Bacon Cheese Burger On a Bun Chicken Salad Chicken Nuggets Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Sweet Potatoes Corn Choice of Fruit Choice of Milk	3/31 Chicken Soft Taco Chicken Salad Hot Dog on a bun Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Black Bean Tomatoes Salsa Choice of Fruit Choice of Milk	4/1 Seasoned wings 4 wings Chicken Salad Hamburger on a bun Italian Hoagie Pizza Craveable <b>Featured Veggies:</b> Seasoned Broccoli Carrot Sticks Choice of Fruit Choice of Milk	4/2 	4/3 
<b>Spring Break</b>				
4/6 French toast Sticks sausage links Chef Salad Chicken patty on a bun Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Oven Fries Broccoli Choice of Fruit Choice of Milk	4/7 Nacho Grande Beef Chef Salad Hamburger on a bun Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Mexican Corn Black Bean and Corn Salsa Choice of Fruit Choice of Milk	4/8 General Tso's Over Rice Panther Salad Chicken Nuggets Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Grape tomatoes Seasoned Carrots Choice of Fruit Choice of Milk	4/9 Panther Bowl Panther Salad Chicken patty on a bun Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Oven Fries Baby carrots Choice of Fruit Choice of Milk	4/10 Corn Dog Panther Salad Chicken Tenders Italian Wrap Nacho Craveable <b>Featured Veggies:</b> Oven Sweet Potato Green beans Choice of Fruit Choice of Milk
4/13 French toast Sticks sausage links Chef Salad Chicken patty on a bun Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Oven Fries Broccoli Choice of Fruit Choice of Milk	4/14 Nacho Grande Beef Chef Salad Hamburger on a bun Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Mexican Corn Black Bean and Corn Salsa Choice of Fruit Choice of Milk	4/15 Lasagna Rollups Garlic Breadstick Chef Salad Popcorn Chicken Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Italian Mixed Vegetables Carrots Choice of Fruit Choice of Milk	4/16 Chicken Drumsticks Chef Salad Hot Dog on a bun Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Hash brown Celery Sticks Choice of Fruit Choice of Milk	4/17 Black Bean Burger Sandwich Chef Salad Chicken Nuggets Turkey & Cheese Sandwich Yogurt Craveable <b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk
4/20 Pierogies Chicken Salad Chicken Nuggets Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Seasoned Broccoli Cucumber Slices Choice of Fruit Choice of Milk	4/21 Chicken Quesadilla Chicken Salad Hot Dog on a bun Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Black Beans Corn Choice of Fruit Choice of Milk	4/22 Chicken Ramen Chicken Salad Hamburger on a bun Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Mashed potatoes Carrot Sticks Choice of Fruit Choice of Milk	4/23 Turkey Bacon Cheese Sandwich Chicken Salad Chicken Tenders Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Tomatoes Peppers and Onions Choice of Fruit Choice of Milk	4/24 Italian dunker w/ Sauce Chicken Salad Chicken patty on a bun Italian Hoagie Breadstick Craveable <b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk