

# Franklin Regional Primary Lunch Menu November/December 2024

### 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 Cravable 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.

## Monday

11



18

Grilled Cheese Sandwich  
Chef Salad  
Chicken patty on a bun  
Turkey & Cheese Sandwich  
Breadstick Craveable  
**Featured Veggies:**  
Tomato Soup  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

25

Turkey Bacon Hoagie  
Chicken Salad  
Chicken Nuggets  
Italian Hoagie  
Pizza Cravable  
**Featured Veggies:**  
Sweet Potatoes  
Corn  
Choice of Fruit  
Choice of Milk

2



9

Grilled Italian Sandwich  
Chef Salad  
Chicken patty on a bun  
Turkey & Cheese Sandwich  
Yogurt Craveable  
**Featured Veggies:**  
Oven Fries  
Chick Pea Salad  
Choice of Fruit  
Choice of Milk

16

Ham and Cheese Croissant Roll  
Chicken Salad  
Chicken Nuggets  
Italian Hoagie  
Breadstick Craveable  
**Featured Veggies:**  
Seasoned Broccoli  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

## Tuesday

12

19

Nacho Grande Beef  
Chef Salad  
Hamburger on a bun  
Turkey & Cheese Sandwich  
Breadstick Craveable  
**Featured Veggies:**  
Corn  
Caesar Salad\*  
Choice of Fruit  
Choice of Milk

26

Chicken Soft Taco  
Chicken Salad  
Hot Dog on a bun  
Italian Hoagie  
Pizza Cravable  
**Featured Veggies:**  
Black Bean  
Tomatoes Salsa  
Choice of Fruit  
Choice of Milk

3

Slow Roasted Seasoned Pork Taco  
Panther Salad  
Corn Dog  
Italian Wrap  
Nacho Craveable  
**Featured Veggies:**  
Black Beans  
Lettuce & Tomato  
Choice of Fruit  
Choice of Milk

10

Nacho Grande Beef  
Chef Salad  
Hamburger on a bun  
Turkey & Cheese Sandwich  
Yogurt Craveable  
**Featured Veggies:**  
Mexicali Corn  
Tomato & Onion Salad  
Choice of Fruit  
Choice of Milk

17

Chicken Quesadilla  
Chicken Salad  
Hot Dog on a bun  
Italian Hoagie  
Breadstick Craveable  
**Featured Veggies:**  
Black Beans  
Corn  
Choice of Fruit  
Choice of Milk

## Wednesday

13

Chicken and Gravy over Biscuits.  
Panther Salad  
Chicken Nuggets  
Yogurt Craveable  
Ham and Cheese Sandwich  
**Featured Veggies:**  
Mashed Potatoes  
Fresh Cucumber Slices  
Choice of Fruit  
Choice of Milk

4

Turkey dinner W/ stuffing  
Mashed Potatoes  
Sweet Potatoes  
Gravy  
Corn  
Cookie Salad  
Choice of Fruit  
Choice of Milk

4

Asian Sesame Chicken Over Rice  
Panther Salad  
Chicken Nuggets  
Italian Wrap  
Nacho Craveable  
**Featured Veggies:**  
Cucumber Salad  
Seasoned Carrots  
Choice of Fruit  
Choice of Milk

11

**Holiday Meal**  
Glazed Ham  
With a side of Mac and Cheese  
Green Beans  
Salad  
Dinner Roll  
Choice of Fruit  
Choice of Milk

18

Panther Bowl  
Chicken Salad  
Hamburger on a bun  
Italian Hoagie  
Breadstick Craveable  
**Featured Veggies:**  
Mashed potatoes  
Carrot Sticks  
Choice of Fruit  
Choice of Milk

## Thursday

14

Italian Grilled Chicken on a Roll  
Panther Salad  
Corn Dog  
Yogurt Craveable  
Ham and Cheese Sandwich  
**Featured Veggies:**  
Green Beans  
Romaine Salad  
Choice of Fruit  
Choice of Milk

21

Sausage Egg and Cheese on an English Muffin  
Chef Salad  
Hot Dog on a bun  
Turkey & Cheese Sandwich  
Breadstick Craveable  
**Featured Veggies:**  
Hash brown  
Corn Salad  
Choice of Fruit  
Choice of Milk

28



5

Fish Sandwich  
Panther Salad  
Chicken patty on a bun  
Italian Wrap  
Nacho Craveable  
**Featured Veggies:**  
Oven Fries  
Baby carrots  
Choice of Fruit  
Choice of Milk

12

French toast Sticks sausage links  
Chef Salad  
Hot Dog on a bun  
Turkey & Cheese Sandwich  
Yogurt Craveable  
**Featured Veggies:**  
Hash brown  
Celery Sticks  
Choice of Fruit  
Choice of Milk

19

Pierogies  
Chicken Salad  
Chicken Tenders  
Italian Hoagie  
Breadstick Craveable  
**Featured Veggies:**  
Tomatoes  
Grilled Onions  
Choice of Fruit  
Choice of Milk

## Friday

15

Cheese or Pepperoni Pizza  
Panther Salad  
Popcorn Chicken  
Yogurt Craveable  
Ham and Cheese Sandwich  
**Featured Veggies:**  
Grape Tomatoes  
Roasted Zucchini  
Choice of Fruit  
Choice of Milk

22

Cheese or Pepperoni Pizza  
Chef Salad  
Chicken Nuggets  
Turkey & Cheese Sandwich  
Breadstick Craveable  
**Featured Veggies:**  
Roasted Sweet Potatoes  
Oven Roasted Chickpeas  
Choice of Fruit  
Choice of Milk

29



6

Cheese or Pepperoni Pizza  
Panther Salad  
Chicken Tenders  
Italian Wrap  
Nacho Craveable  
**Featured Veggies:**  
Oven Sweet Potato  
Green beans  
Choice of Fruit  
Choice of Milk

13

Cheese or Pepperoni Pizza  
Chef Salad  
Chicken Nuggets  
Turkey & Cheese Sandwich  
Yogurt Craveable  
**Featured Veggies:**  
Cherry Tomatoes  
Sweet Potato Fries  
Choice of Fruit  
Choice of Milk

20

Cheese or Pepperoni Pizza  
Chicken Salad  
Chicken patty on a bun  
Italian Hoagie  
Breadstick Craveable  
**Featured Veggies:**  
Green Beans  
Sweet Potato Fries  
Choice of Fruit  
Choice of Milk