

January 2025



Franklin Regional Intermediate 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
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.....



DAILY OPTIONS
Dinner rolls served Daily
Salad of the Day
Pizza Served Daily
PBJ Cravable Daily

Menu items in Red are weekly choices

<p>1/6 Grilled Turkey and Cheese Sandwich Chicken Salad Chicken Nuggets Italian Hoagie Pizza Cravable</p> <p>Featured Veggies: Sweet Potatoes Corn Choice of Fruit Choice of Milk</p>	<p>1/7 Chicken Soft Taco Chicken Salad Hot Dog on a bun Italian Hoagie Pizza Cravable</p> <p>Featured Veggies: Black Bean Tomatoes Salsa Choice of Fruit Choice of Milk</p>	<p>1/8 Pasta w/ Meatballs Breadstick Chicken Salad Hamburger on a bun Italian Hoagie Pizza Cravable</p> <p>Featured Veggies: Seasoned Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>1/9 Bacon Cheese Burger On a Bun Chicken Salad Popcorn Chicken Italian Hoagie Pizza Cravable</p> <p>Featured Veggies: Roasted Zucchini Caesar Side Salad Choice of Fruit Choice of Milk</p>	<p>1/10 Italian Meatballs & Cheese On a hoagie Chicken Salad Chicken patty on a bun Italian Hoagie Pizza Cravable</p> <p>Featured Veggies: Oven Fries Carrot Choice of Fruit Choice of Milk</p>
<p>1/13 Grilled Cheese Sandwich Panther Salad Hamburger on a bun Italian Wrap Nacho Craveable</p> <p>Featured Veggies: Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p>1/14 Slow Roasted Seasoned Pork Taco Panther Salad Corn Dog Italian Wrap Nacho Craveable</p> <p>Featured Veggies: Black Beans Lettuce & Tomato Choice of Fruit Choice of Milk</p>	<p>1/15 Asian Sesame Chicken Over Rice Panther Salad Chicken Nuggets Italian Wrap Nacho Craveable</p> <p>Featured Veggies: Grape tomatoes Seasoned Carrots Choice of Fruit Choice of Milk</p>	<p>1/16 BBQ Chicken Hoagie Panther Salad Chicken patty on a bun Italian Wrap Nacho Craveable</p> <p>Featured Veggies: Oven Fries Baby carrots Choice of Fruit Choice of Milk</p>	<p>1/17 Bacon Meatloaf cheese Burger Panther Salad Chicken Tenders Italian Wrap Nacho Craveable</p> <p>Featured Veggies: Oven Sweet Potato Greenbeans Choice of Fruit Choice of Milk</p>
<p>1/20 MARTIN LUTHER KING JR. DAY</p>	<p>1/21 Nacho Grande Beef Chef Salad Hamburger on a bun Turkey & Cheese Sandwich Yogurt Craveable</p> <p>Featured Veggies: Mexicali Corn Tomato & Onion Salad Choice of Fruit Choice of Milk</p>	<p>1/22 Pasta with meatballs Garlic Stick Chef Salad Popcorn Chicken Turkey & Cheese Sandwich Yogurt Craveable</p> <p>Featured Veggies: Italian Mixed Vegetables Carrots Choice of Fruit Choice of Milk</p>	<p>1/23 French toast Sticks sausage links Chef Salad Hot Dog on a bun Turkey & Cheese Sandwich Yogurt Craveable</p> <p>Featured Veggies: Hashbrown Celery Sticks Choice of Fruit Choice of Milk</p>	<p>1/24 Fish Sandwich Chef Salad Chicken Nuggets Turkey & Cheese Sandwich Yogurt Craveable</p> <p>Featured Veggies: Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p>1/27 Bacon Meatloaf cheese Burger Chicken Salad Chicken Nuggets Italian Hoagie Breadstick Craveable</p> <p>Featured Veggies: Seasoned Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p>1/28 Chicken Quesadilla Chicken Salad Hot Dog on a bun Italian Hoagie Breadstick Craveable</p> <p>Featured Veggies: Black Beans Corn Choice of Fruit Choice of Milk</p>	<p>1/29 Panther Bowl Chicken Salad Hamburger on a bun Italian Hoagie Breadstick Craveable</p> <p>Featured Veggies: Mashed potatoes Carrot Sticks Choice of Fruit Choice of Milk</p>	<p>1/30 Pierogies Chicken Salad Chicken Tenders Italian Hoagie Breadstick Craveable</p> <p>Featured Veggies: Tomatoes Peppers and Onions Choice of Fruit Choice of Milk</p>	<p>1/31 Italian dunker w/ Sauce Chicken Salad Chicken patty on a bun Italian Hoagie Breadstick Craveable</p> <p>Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>

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
724-325-1977

sburns@franklinregional.k12.pa.us

Menu is subject to change

USDA is an equal opportunity provider and employer.