

August/September Menu 2024



Metz
CULINARY MANAGEMENT

Franklin Regional Primary 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 Fruit & Veggie 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.....

Tomato August

There are Thousands of varieties of tomatoes that come in different colors shapes, and sizes

Sunflowers Seeds September

Sunflowers seeds are a good source of vitamin E

DAILY OPTIONS

Dinner rolls served Daily

Salad of the Daily

Pizza Served Daily

Lunch Prices

Paid lunch 2.70

Free and Reduced 0.00

Adult \$5.20

Alla cart items are priced as marked.

Additional meals \$5.20

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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday

8/19



8/26

PizzaBurger

Chef Salad

Hot Dog on a Bun
Ham and Cheese wrap
Breadstick Craveable

Featured Veggies:

Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

9/2



9/9

Popcorn Chicken

Panther Salad

Chicken patty on a bun
Turkey and Cheese Wrap
Nacho Craveable

Featured Veggies:

Curly Fries
Baked Beans
Choice of Fruit
Choice of Milk

9/16

General Tso's

Chicken w/Rice

Chef Salad

Corn Dog

Ham & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Vegetable Blend
Broccoli Florets
Choice of Fruit
Choice of Milk

9/23

Grilled Turkey and Cheese

Sandwich

Chicken Salad

Chicken Nuggets

Italian Hoagie

Breadstick Craveable

Featured Veggies:

Seasoned Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

Tuesday

8/20

8/27

Pierogies

Chef Salad

Chicken Nuggets
Turkey & Cheese Rollup
Breadstick Craveable

Featured Veggies:

Green Beans
Roasted Sweet Potatoes
Choice of Fruit
Choice of Milk

9/3

Ham and Cheese

on a Pretzel Bun

Chicken Salad

Corn Dog

Italian Hoagie

Pizza Craveable

Featured Veggies:

Caesar Salad
Roasted zucchini
Choice of Fruit
Choice of Milk

9/10

Cheese Steak On a Roll

Panther Salad

Corn Dog

Italian Hoagie

Nacho Craveable

Featured Veggies:

Cherry Tomatoes
Oven Fries
Choice of Fruit
Choice of Milk

9/17

Grilled Turkey and cheese

Sandwich

Chef Salad

Corn Dog

Italian Wrap

Yogurt Craveable

Featured Veggies:

Chickpea Salad
Baby Carrots
Choice of Fruit
Choice of Milk

9/24

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

8/21

BBQ Pulled Pork

on a Bun

Panther Salad

Hamburger on a Bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Chickpea Salad
Baby Carrots
Choice of Fruit
Choice of Milk

8/28

Italian Meatball and cheese

Hoagie

Chef Salad

Chicken Patty on a bun

Italian Wrap

Breadstick Craveable

Featured Veggies:

Green & Red Pepper Strips

Oven Fries

Choice of Fruit

Choice of Milk

9/4

Pepperoni or Cheese

Dunkers

Chicken Salad

Chicken Tenders

Italian Hoagie

Pizza Craveable

Featured Veggies:

Garden Salad
Carrot Sticks
Choice of Fruit
Choice of Milk

9/11

Chicken Quesadilla

Panther Salad

Hot Dog on a bun

Turkey & Cheese Sandwich

Nacho Craveable

Featured Veggies:

Refried Beans
Buttered Corn
Choice of Fruit
Choice of Milk

9/18

Pepperoni or Cheese

Dunkers

Chef Salad

Chicken Tenders

Italian Wrap

Yogurt Craveable

Featured Veggies:

Steamed Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

9/25

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

8/22

Nacho Grande

Panther Salad

Hamburger on a Bun

Yogurt Craveable

Turkey and Cheese Sandwich

Featured Veggies:

Corn
Caesar Salad
Choice of Fruit
Choice of Milk

8/29

Chicken Fajita

Chef Salad

Chicken patty on a bun

Ham & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Black Beans

Tomato and Onion Salsa

Choice of Fruit

Choice of Milk

9/5

Grilled Cheese

Sandwich

Chicken Salad

Hamburger on a bun

Ham and Cheese Wrap

Pizza Craveable

Featured Veggies:

Tomato Soup
Broccoli Florets
Choice of Fruit
Choice of Milk

9/12

Bacon Cheeseburger

Panther Salad

Chicken patty on a bun

Italian Hoagie

Nacho Craveable

Featured Veggies:

Sweet Potato Tots
Green Beans
Choice of Fruit
Choice of Milk

9/19

Buffalo Chicken Hoagie

Chef Salad

Chicken Patty on a bun

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Carrot Sticks
Choice of Fruit
Choice of Milk

9/26

Mini Pierogies

Chicken Salad

Chicken Tenders

Italian Hoagie

Breadstick Craveable

Featured Veggies:

Tomatoes
Peppers and Onions
Choice of Fruit
Choice of Milk

Friday

8/23

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

8/30

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

9/6

Cheese or Pepperoni

Pizza

Chicken Salad

Chicken patty on a bun

Italian Hoagie

Pizza Craveable

Featured Veggies:

Oven Fries
Carrot
Choice of Fruit
Choice of Milk

9/13

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

9/20

Cheese or Pepperoni

Pizza

Chef Salad

Chicken Nuggets

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

9/27

Cheese or Pepperoni

Pizza