

August/September Menu 2023



Metz
CULINARY MANAGEMENT

Franklin Regional Intermediate 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.....



DAILY OPTIONS

Dinner rolls served Daily
Salad of the Day
Pizza Served 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

Alla 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 do to product availability

USDA is an equal opportunity provider and employer.

Monday

8/21



8/28

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

9/4



9/11

Grilled Cheese Sandwich
Panther Salad
Hamburger on a bun
Ham and cheese Wrap
Nacho Craveable

Featured Veggies:

Tomato Soup
Tater Tots
Choice of Fruit
Choice of Milk

9/18

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

9/25

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

8/22

8/29

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

9/5

Chicken Soft Taco
Chicken Salad
Hot Dog on a bun
Italian Hoagie
Pizza Craveable

Featured Veggies:

Black Bean
Tomatoes Salsa
Choice of Fruit
Choice of Milk

9/12

Slow Roasted Seasoned Pork Taco
Panther Salad
Corn Dog
Italian Wrap
Nacho Craveable

Featured Veggies:

Black Beans
Roasted Eggplant
Choice of Fruit
Choice of Milk

9/19

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

9/26

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

8/23

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

8/30

General Tso's Chicken over Rice
Chef Salad

Chicken Tenders
Turkey & Cheese Sandwich
Breadstick Craveable

Featured Veggies:

Oriental Vegetables
Green Pepper Strips
Choice of Fruit
Choice of Milk

9/6

Pasta w/ Meatballs
Breadstick
Chicken Salad
Hamburger on a bun
Italian Hoagie
Pizza Craveable

Featured Veggies:

Seasoned Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

9/13

Asian Sesame Chicken Over Rice
Panther Salad
Chicken Nuggets
Italian Wrap
Nacho Craveable

Featured Veggies:

Grape tomatoes
Seasoned Carrots
Choice of Fruit
Choice of Milk

9/20

Pasta with meatballs
Garlic Stick
Chef Salad

Popcorn Chicken
Turkey & Cheese Sandwich
Yogurt Craveable

Featured Veggies:

Italian pan fried Eggplant
Carrots
Choice of Fruit
Choice of Milk

9/27

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

8/24

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

8/31

Sausage Egg and Cheese on an English Muffin
Chef Salad

Hot Dog on a bun
Turkey & Cheese Sandwich
Breadstick Craveable

Featured Veggies:

Hash brown
Eggplant and potato Hash
Choice of Fruit
Choice of Milk

9/7

Bacon Cheese Burger
On a Bun
Chicken Salad
Popcorn Chicken
Italian Hoagie
Pizza Craveable

Featured Veggies:

Roasted Zucchini
Caesar Side Salad
Choice of Fruit
Choice of Milk

9/14

BBQ Chicken
Hoagie
Panther Salad
Chicken patty on a bun
Italian Wrap
Nacho Craveable

Featured Veggies:

Oven Fries
Baby carrots
Choice of Fruit
Choice of Milk

9/21

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

9/28

Cheese Steak On a Roll

Chicken Salad
Chicken Tenders
Italian Hoagie
Breadstick Craveable

Featured Veggies:

Tomatoes
Peppers and Onions
Choice of Fruit
Choice of Milk

Friday

8/25

Cheese Steak Dunker
Panther Salad
Popcorn Chicken
Yogurt Craveable
Ham and Cheese Sandwich

Featured Veggies:

Grape Tomatoes
Roasted Zucchini
Choice of Fruit
Choice of Milk

9/1

Buffalo chicken
Hoagie
Chef Salad

Chicken Nuggets
Turkey & Cheese Sandwich
Breadstick Craveable

Featured Veggies:

Roasted Sweet Potatoes
Oven Roasted Chickpeas
Choice of Fruit
Choice of Milk

9/8

Italian Meatballs & Cheese On a hoagie
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Pizza Craveable

Featured Veggies:

Oven Fries
Carrot
Choice of Fruit
Choice of Milk

9/15

Buffalo chicken
Dunker
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Craveable

Featured Veggies:

Oven Sweet Potato
Green beans
Choice of Fruit
Choice of Milk

9/22

Fish Sandwich
Chef Salad

Chicken Nuggets
Turkey & Cheese Sandwich
Yogurt Craveable

Featured Veggies:

Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

9/29

Italian dunker w/ Sauce

Chicken Salad
Chicken patty on a bun
Italian Hoagie
Breadstick Craveable

Featured Veggies:

Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk