

January 2024

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 Daily

Pizza Served Daily

PBJ Cravable Daily

Menu items in Red are weekly choices

LUNCH PRICES:

Regular Lunch 2.70

Adult \$4.55

Free and reduced No charge for any Meal .

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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday
12/25

Tuesday
12/26

Wednesday
12/27

Thursday
12/28

Friday
12/29



1/1



1/2

1/8
Grilled Turkey and Cheese Sandwich
Chicken Salad
Chicken Nuggets
Italian Hoagie
Pizza Cravable
Featured Veggies:
Sweet Potatoes
Corn
Choice of Fruit
Choice of Milk

1/15

No School



1/22
Grilled Italian Sandwich
Chef Salad
Chicken patty on a bun
Turkey & Cheese Sandwich
Yogurt Cravable
Featured Veggies:
Oven Fries
Quinoa w/ Edamame & Kale
Choice of Fruit
Choice of Milk

1/29

Grilled Ham and Cheese Sandwich
Chicken Salad
Chicken Nuggets
Italian Hoagie
Breadstick Cravable
Featured Veggies:
Seasoned Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

1/9
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

1/16

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

1/23

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

1/30

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

1/3
General Tso's Chicken over Rice
Chef Salad
Chicken Tenders
Turkey & Cheese Sandwich
Breadstick Cravable
Featured Veggies:
Asian Vegetables
Green Pepper Strips
Choice of Fruit
Choice of Milk

1/10

Pasta w/ Meatballs
Breadstick
Chicken Salad
Hamburger on a bun
Italian Hoagie
Pizza Cravable
Featured Veggies:
Seasoned Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

1/17

Asian Sesame Chicken Over Rice
Panther Salad
Chicken Nuggets
Italian Wrap
Nacho Cravable
Featured Veggies:
Grape tomatoes
Quinoa w/ Edamame & Kale
Choice of Fruit
Choice of Milk

1/24

Pasta with meatballs
Garlic Stick
Chef Salad
Popcorn Chicken
Turkey & Cheese Sandwich
Yogurt Cravable
Featured Veggies:
Italian Mixed Vegetables
Carrots
Choice of Fruit
Choice of Milk

1/31

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

1/4
Sausage Egg and Cheese on an English Muffin
Chef Salad
Hot Dog on a bun
Turkey & Cheese Sandwich
Breadstick Cravable
Featured Veggies:
Hash brown
Corn Salad
Choice of Fruit
Choice of Milk

1/11

Bacon Cheese Burger
On a Bun
Chicken Salad
Popcorn Chicken
Italian Hoagie
Pizza Cravable
Featured Veggies:
Roasted Zucchini
Caesar Side Salad
Choice of Fruit
Choice of Milk

1/18

BBQ Chicken Hoagie
Panther Salad
Chicken patty on a bun
Italian Wrap
Nacho Cravable
Featured Veggies:
Oven Fries
Baby carrots
Choice of Fruit
Choice of Milk

1/25

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

2/1

Cheese Steak On a Roll
Chicken Salad
Chicken Tenders
Italian Hoagie
Breadstick Cravable
Featured Veggies:
Quinoa w/ Edamame & Kale
Peppers and Onions
Choice of Fruit
Choice of Milk

1/5
Buffalo chicken Hoagie
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Breadstick Cravable
Featured Veggies:
Roasted Sweet Potatoes
Oven Roasted Chickpeas
Choice of Fruit
Choice of Milk

1/12

Loaded Fries w/ choice of topping
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Pizza Cravable
Featured Veggies:
Oven Fries
Carrot
Choice of Fruit
Choice of Milk

1/19

Buffalo chicken Dunker
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Cravable
Featured Veggies:
Oven Sweet Potato
Green beans
Choice of Fruit
Choice of Milk

1/26

Loaded Fries with choice of topping
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Yogurt Cravable
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

2/2

Italian dunker w/ Sauce
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Breadstick Cravable
Featured Veggies:
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk