

Franklin Regional Intermediate Lunch Menu

November/December Menu 2023



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:

Regular Lunch 2.70

Adult \$4.55

Free and reduced No charge for any Meal .

Sonny Burns

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Menu is subject to change due to product availability

USDA is an equal opportunity provider and employer.

Monday

11/13

Grilled Ham and Cheese Sandwich

Panther Salad

Hamburger on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Chickpeas salad

Baby Carrots

Choice of Fruit

Choice of Milk

11/20

Grilled Cheese Sandwich

Chef Salad

Chicken patty on a bun

Turkey & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Tomato Soup

Red Pepper Strips

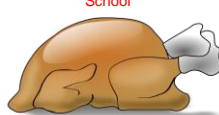
Choice of Fruit

Choice of Milk

11/27

No

School



Tuesday

11/14

Beef

Soft Taco

Panther Salad

Chicken patty on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Black Beans

Tomato & Onion Salsa

Choice of Fruit

Choice of Milk

11/21

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

11/28

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

12/5

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

12/12

Nacho Grande

Beef

Chef Salad

Hamburger on a bun

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Mexican Corn

Tomato & Onion Salad

Choice of Fruit

Choice of Milk

12/18

Grilled Ham and Cheese Sandwich

Chicken Salad

Chicken Nuggets

Italian Hoagie

Breadstick Craveable

Featured Veggies:

Seasoned Broccoli

Cucumber Slices

Choice of Fruit

Choice of Milk

12/19

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

11/15

Turkey Dinner Day

Roasted Turkey

Mashed potatoes

Sweet potatoes

Stuffing and Gravy

Ice cream

Featured Veggies:

Mashed Potatoes

Corn

Choice of Fruit

Choice of Milk

11/22

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

11/29

Ravioli w/Marinara

Breadstick

Chicken Salad

Hamburger on a bun

Italian Hoagie

Pizza Craveable

Featured Veggies:

Seasoned Broccoli

Carrot Sticks

Choice of Fruit

Choice of Milk

12/6

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

12/13

Holiday Dinner Day

Roasted Turkey or Ham

Mashed potatoes

Sweet potatoes

Stuffing and Gravy

Ice cream

Featured Veggies:

Mashed potatoes

Green Beans

Choice of Fruit

Choice of Milk

12/20

Panther

Bowl

Chicken Salad

Hamburger on a bun

Italian Hoagie

Breadstick Craveable

Featured Veggies:

Mashed potatoes

Kiwi

Choice of Fruit

Choice of Milk

Thursday

11/16

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

11/23

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

11/30

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

12/7

BBQ Chicken

Hoagie

Panther Salad

Chicken patty on a bun

Italian Wrap

Nacho Craveable

Featured Veggies:

Oven Fries

Kiwi

Choice of Fruit

Choice of Milk

12/14

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

12/21

Cheese Steak

On a Roll

Chicken Salad

Chicken Tenders

Italian Hoagie

Breadstick Craveable

Featured Veggies:

Tomatoes

Peppers and Onions

Choice of Fruit