

October/November 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.....

Guava a Sweet Tropical Fruit from South America and Mexico



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
Free and Reduced : 0.00
Student Paid : 2.70
Adult \$5.20

Ala cart items are priced as marked.

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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday

10/2

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

10/9

Columbus Day



Christopher Columbus

10/16

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

10/23

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

10/30

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

11/6

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

Tuesday

10/3

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

10/10

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

10/17

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

10/24

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

10/31

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

11/7

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

10/4

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

10/11

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

10/18

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

10/25

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

11/1

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

11/8

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

10/5

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

10/12

Sausage Egg and Cheese on an English Muffin
Chef Salad
Hot Dog on a bun
Turkey & Cheese Sandwich
Breadstick Craveable
Featured Veggies:
Hashbrown
Corn Salad
Choice of Fruit
Choice of Milk

10/19

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

10/26

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

11/2

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

11/9

No School



for

students

Friday

10/6

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

10/13

Corn Dog with Cheese sauce
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Breadstick Craveable
Featured Veggies:
Roasted Sweet Potatoes
Oven Roasted Chickpeas
Choice of Fruit
Choice of Milk

10/20

Italian Meatballs & Cheese on a hoagie
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Pizza Cravable
Featured Veggies:
Oven Fries
Carrot
Choice of Fruit
Choice of Milk

10/27

Corn Dog with Honey mustard
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Sweet Potato
Greenbeans
Choice of Fruit
Choice of Milk

11/3

Fish Sandwich
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Yogurt Craveable
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

11/10

No School