

August/September Menu 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
Meal or meal 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.....
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
PBJ Cravable Daily

Menu items in Red are weekly choices

Lunch Prices
Paid lunch 2.70
Free and Reduced 0.00
Adult \$5.20
Ala cart items are priced as marked.
Additional meals \$5.20
Sonny Burns
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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday 8/19	Tuesday 8/20	Wednesday 8/21	Thursday 8/22	Friday 8/23
		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	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	Sesame Chicken over Rice. Panther Salad Chicken Tenders Yogurt Craveable Turkey & Cheese Sandwich Featured Veggies: Mashed Potatoes Green Pepper Strips Choice of Fruit Choice of Milk
8/26 Pizza Burger Chief Salad Hot Dog on a Bun Ham and Cheese wrap Breadstick Craveable Featured Veggies: Tomato Soup Corn Salad Choice of Fruit Choice of Milk	8/27 Pierogies Chief Salad Chicken Nuggets Turkey & Cheese Rollup Breadstick Craveable Featured Veggies: Green Beans Roasted Sweet potatoes Choice of Fruit Choice of Milk	8/28 Italian Meatball and cheese Hoagie Chief Salad Chicken Patty on a bun Italian Wrap Breadstick Craveable Featured Veggies: Green & Red Pepper Strips Oven Fries Choice of Fruit Choice of Milk	8/29 Chicken Fajita Chief 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	8/30 Pasta w/Meatballs Chief Salad Hamburger on a bun Italian Hoagie Breadstick Craveable Featured Veggies: Hash brown Cucumber Slices Choice of Fruit Choice of Milk
9/2 	9/3 Ham and Cheese on a Pretzel Bun Chicken Salad Corn Dog Italian Hoagie Pizza Cravable Featured Veggies: Caesar Salad Roasted zucchini Choice of Fruit Choice of Milk	9/4 Pepperoni or Cheese Dunkers Chicken Salad Chicken Tenders Italian Hoagie Pizza Cravable Featured Veggies: Garden Salad Carrot Sticks Choice of Fruit Choice of Milk	9/5 Grilled Cheese Sandwich Chicken Salad Hamburger on a bun Ham and Cheese Wrap Pizza Cravable Featured Veggies: Tomato Soup Broccoli Florets Choice of Fruit Choice of Milk	9/6 French Toast Sticks w/ Sausage Link Chicken Salad Corn Dog Italian Wrap Pizza Cravable Featured Veggies: Tator Tots Celery Sticks Choice of Fruit Choice of Milk
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	9/10 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	9/11 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	9/12 Bacon Quesadilla Panther Salad Chicken patty on a bun Italian Hoagie Nacho Craveable Featured Veggies: Sweet Potato Tots Greenbeans Choice of Fruit Choice of Milk	9/13 Nacho Grande Panther Salad Hamburger on a Bun Turkey & Cheese Sandwich Nacho Craveable Featured Veggies: Mexicali corn Tomato & onion Salsa Choice of Fruit Choice of Milk
9/16 General Tso's Chicken w/Rice Chief Salad Corn Dog Ham & Cheese Sandwich Yogurt Craveable Featured Veggies: Vegetable Blend Broccoli Florets Choice of Fruit Choice of Milk	9/17 Grilled Turkey and cheese Sandwich Chief Salad Corn Dog Italian Wrap Yogurt Craveable Featured Veggies: Chick pea Salad Baby Carrots Choice of Fruit Choice of Milk	9/18 Pepperoni or Cheese Dunkers Chief Salad Chicken Tenders Italian Wrap Yogurt Craveable Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	9/19 Buffalo Chicken Hoagie Chief Salad Chicken Patty on a bun Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Tator tots Carrot Sticks Choice of Fruit Choice of Milk	9/20 Fish Sandwich Chief Salad Chicken Nuggets Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Cherry Tomatoes Cucumber Slices 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	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	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	9/26 Mini Pierogies Chicken Salad Chicken Tenders Italian Hoagie Breadstick Craveable Featured Veggies: Tomatoes Peppers and Onions Choice of Fruit Choice of Milk	9/27 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