

Franklin Regional Intermediate Lunch Menu

March/April Menu 2024



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 \$5.20
Free and reduced no charge for any Meal .
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	Tuesday	Wednesday	Thursday	Friday
3/18 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	3/19 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	3/20 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	3/21 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	3/22 Fish Sandwich Fries Panther Salad Popcorn Chicken Yogurt Craveable Ham and Cheese Sandwich Featured Veggies: Grape Tomatoes Roasted Zucchini Choice of Fruit Choice of Milk
3/25 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	3/26 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	3/27 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		
4/1 	4/2 	4/3 Philly Dog Chicken Salad Hamburger on a bun Italian Hoagie Pizza Craveable Featured Veggies: Seasoned Broccoli Carrot Sticks Choice of Fruit Choice of Milk	4/4 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	4/5 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
4/8 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	4/9 Slow Roasted Seasoned Pork Taco Panther Salad Hamburger on a bun Italian Wrap Nacho Craveable Featured Veggies: Black Beans Lettuce & Tomato Choice of Fruit Choice of Milk	4/10 Chicago Cub Dog Panther Salad Chicken Nuggets Italian Wrap Nacho Craveable Featured Veggies: Grape tomatoes Seasoned Carrots Choice of Fruit Choice of Milk	4/11 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	4/12 Buffalo Chicken Dunker Panther Salad Chicken Tenders Italian Wrap Nacho Craveable Featured Veggies: Oven Sweet Potato Green Beans Choice of Fruit Choice of Milk
4/15 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	4/16 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	4/17 Pittsburgh Pirate's Dog Chef Salad Popcorn Chicken Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Italian Mixed Vegetables Carrots Choice of Fruit Choice of Milk	4/18 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	4/19 Fish Sandwich Chef Salad Chicken Nuggets Turkey & Cheese Sandwich Yogurt Craveable Featured Veggies: Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk
4/22 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	4/23 Chicken Quesadilla Chicken Salad Hot Dog on a bun Italian Hoagie Breadstick Craveable Featured Veggies: Black Beans Corn Choice of Fruit Choice of Milk	4/24 Dodger Dog Chicken Salad Hamburger on a bun Italian Hoagie Breadstick Craveable Featured Veggies: Mashed potatoes Carrot Sticks Choice of Fruit Choice of Milk	4/25 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	4/26 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