

January 2024

Franklin Regional Primary 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
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 do to product availability

USDA is an equal opportunity provider and employer.

Monday

Tuesday

Wednesday

Thursday

Friday



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Turkey Bacon Hoagie
Chicken Salad
Chicken Nuggets
Italian Hoagie
Pizza Cravable
Featured Veggies:
Sweet Potatoes
Corn
Choice of Fruit
Choice of Milk

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

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

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

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

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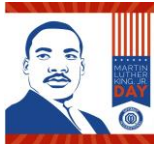
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No School



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

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

Fish Sandwich
Panther Salad
Chicken patty on a bun
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Fries
Baby carrots
Choice of Fruit
Choice of Milk

Cheese or Pepperoni Pizza
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Sweet Potato
Green beans
Choice of Fruit
Choice of Milk

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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

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

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

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

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

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Ham and Cheese Croissant Roll
Chicken Salad
Chicken Nuggets
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Seasoned Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

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

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

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

Cheese or Pepperoni Pizza
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk