

# November/December 2023



## 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 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

13

Italian  
 Dunker w/sauce  
**Panther Salad**  
 Hamburger on a bun  
**Yogurt Craveable**  
**Ham and Cheese Sandwich**  
**Featured Veggies:**  
 Chickpeas salad  
 Baby Carrots  
 Choice of Fruit  
 Choice of Milk

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

27

No School



4

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

11

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

18

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

### Tuesday

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

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

28

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

5

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

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

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

15

Turkey Dinner Day  
 Roasted Turkey w/ Gravy Stuffing  
 Sweet Potatoes  
 Ice Cream  
**Ham and Cheese Sandwich**  
**Featured Veggies:**  
 Mashed Potatoes  
 Corn  
 Choice of Fruit  
 Choice of Milk

22

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

29

Asian Sesame Chicken Over Rice  
**Panther Salad**  
 Chicken Nuggets  
 Italian Wrap  
**Nacho Craveable**  
**Featured Veggies:**  
 Grape tomatoes  
 Kiwi  
 Choice of Fruit  
 Choice of Milk

6

Holiday Dinner Day  
 Roasted Ham or Turkey  
 Stuffing  
 Sweet Potato  
 Ice Cream  
**Turkey & Cheese Sandwich**  
**Featured Veggies:**  
 Mashed potatoes  
 Green Beans  
 Choice of Fruit  
 Choice of Milk

13

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

20

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

27

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

### Thursday

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

23

Bacon Cheeseburger On a Bun  
**Chicken Salad**  
 Popcorn Chicken  
**Italian Hoagie**  
**Pizza Cravable**  
**Featured Veggies:**  
 Roasted Zucchini  
 Caesar Side Salad  
 Choice of Fruit  
 Choice of Milk

30

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

7

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

14

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

21

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

28

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

### Friday

17

Cheese or Pepperoni Pizza  
**Panther Salad**  
 Popcorn Chicken  
**Yogurt Craveable**  
**Ham and Cheese Sandwich**  
**Featured Veggies:**  
 Grape Tomatoes  
 Roasted Zucchini  
 Choice of Fruit  
 Choice of Milk

24

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

31

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

8

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

15

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

22

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

29

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

