

October 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.....  
 Is Guava !!!!

Guava is a Sweet tropical fruit from South America and Mexico



**DAILY OPTIONS**

Dinner rolls served Daily  
 Salad of the Daily  
 PBJ Cravable Daily

Menu items in Red are weekly choices

**Lunch Prices:**

Free and Reduced Lunch: no charge  
 Student Lunch : \$2.70  
 Adult: \$5.20

A la cart items are priced as marked.

**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
<p><b>2</b></p> <p>Italian                      Dunker w/sauce                      Panther Salad                      Hamburger on a bun                      Yogurt Craveable                      Ham and Cheese Sandwich</p> <p><b>Featured Veggies:</b>                      Chickpeas salad                      Baby Carrots                      Choice of Fruit                      Choice of Milk</p>	<p><b>3</b></p> <p>Beef                      Soft Taco                      Panther Salad                      Chicken Nugget                      Chicken Nugget                      Yogurt Craveable                      Ham and Cheese Sandwich</p> <p><b>Featured Veggies:</b>                      Black Beans                      Tomato &amp; Onion Salsa                      Choice of Fruit                      Choice of Milk</p>	<p><b>4</b></p> <p>Chicken and Gravy over Biscuits.                      Panther Salad                      Chicken Nuggets                      Chicken Nuggets                      Yogurt Craveable                      Ham and Cheese Sandwich</p> <p><b>Featured Veggies:</b>                      Mashed Potatoes                      Fresh Cucumber Slices                      Choice of Fruit                      Choice of Milk</p>	<p><b>5</b></p> <p>Italian Grilled Chicken on a Roll                      Panther Salad                      Corn Dog                      Yogurt Craveable                      Ham and Cheese Sandwich</p> <p><b>Featured Veggies:</b>                      Green Beans                      Romaine Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>6</b></p> <p>Cheese or Pepperoni Pizza                      Panther Salad                      Popcorn Chicken                      Yogurt Craveable                      Ham and Cheese Sandwich</p> <p><b>Featured Veggies:</b>                      Grape Tomatoes                      Roasted Zucchini                      Choice of Fruit                      Choice of Milk</p>
<p><b>9</b></p> <p><b>Columbus Day</b></p>	<p><b>10</b></p> <p>Nacho Grande                      Beef                      Chef Salad                      Hamburger on a bun                      Turkey &amp; Cheese Sandwich                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Corn                      Caesar Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>11</b></p> <p>General Tso's Chicken over Rice                      Chef Salad                      Chicken Tenders                      Turkey &amp; Cheese Sandwich                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Oriental Vegetables                      Green Pepper Strips                      Choice of Fruit                      Choice of Milk</p>	<p><b>12</b></p> <p>Sausage Egg and Cheese on an English Muffin                      Chef Salad                      Hot Dog on a bun                      Turkey &amp; Cheese Sandwich                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Hashbrown                      Corn Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>13</b></p> <p>Cheese or Pepperoni Pizza                      Chef Salad                      Chicken Nuggets                      Turkey &amp; Cheese Sandwich                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Roasted Sweet Potatoes                      Oven Roasted Chickpeas                      Choice of Fruit                      Choice of Milk</p>
<p><b>16</b></p> <p>Turkey Bacon Hoagie                      Chicken Salad                      Chicken Nuggets                      Italian Hoagie                      Pizza Cravable</p> <p><b>Featured Veggies:</b>                      Sweet Potatoes                      Corn                      Choice of Fruit                      Choice of Milk</p>	<p><b>17</b></p> <p>Chicken Soft Taco                      Chicken Salad                      Hot Dog on a bun                      Italian Hoagie                      Pizza Cravable</p> <p><b>Featured Veggies:</b>                      Black Bean                      Tomatoes Salsa                      Choice of Fruit                      Choice of Milk</p>	<p><b>18</b></p> <p>Pasta w/ Meatballs                      Breadstick Craveable                      Chicken Salad                      Hamburger on a bun                      Italian Hoagie                      Pizza Cravable</p> <p><b>Featured Veggies:</b>                      Seasoned Broccoli                      Carrot Sticks                      Choice of Fruit                      Choice of Milk</p>	<p><b>19</b></p> <p>Bacon Cheese Burger on a Bun                      Chicken Salad                      Popcorn Chicken                      Italian Hoagie                      Pizza Cravable</p> <p><b>Featured Veggies:</b>                      Roasted Zucchini                      Caesar Side Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>20</b></p> <p>Cheese or Pepperoni Pizza                      Chicken Salad                      Chicken patty on a bun                      Italian Hoagie                      Pizza Cravable</p> <p><b>Featured Veggies:</b>                      Oven Fries                      Carrot                      Choice of Fruit                      Choice of Milk</p>
<p><b>23</b></p> <p>Grilled Cheese Sandwich                      Panther Salad                      Hamburger on a bun                      Ham and cheese Wrap                      Nacho Craveable</p> <p><b>Featured Veggies:</b>                      Tomato Soup                      Tater Tots                      Choice of Fruit                      Choice of Milk</p>	<p><b>24</b></p> <p>Slow Roasted Seasoned Pork Taco                      Panther Salad                      Corn Dog                      Italian Wrap                      Nacho Craveable</p> <p><b>Featured Veggies:</b>                      Black Beans                      Lettuce &amp; Tomato                      Choice of Fruit                      Choice of Milk</p>	<p><b>25</b></p> <p>Asian Sesame Chicken Over Rice                      Panther Salad                      Chicken Nuggets                      Italian Wrap                      Nacho Craveable</p> <p><b>Featured Veggies:</b>                      Grape tomatoes                      Seasoned Carrots                      Choice of Fruit                      Choice of Milk</p>	<p><b>26</b></p> <p>Fish Sandwich                      Panther Salad                      Chicken patty on a bun                      Italian Wrap                      Nacho Craveable</p> <p><b>Featured Veggies:</b>                      Oven Fries                      Baby carrots                      Choice of Fruit                      Choice of Milk</p>	<p><b>27</b></p> <p>Cheese or Pepperoni Pizza                      Panther Salad                      Chicken Tenders                      Italian Wrap                      Nacho Craveable</p> <p><b>Featured Veggies:</b>                      Oven Sweet Potato                      Greenbeans                      Choice of Fruit                      Choice of Milk</p>
<p><b>30</b></p> <p>Grilled Italian Sandwich                      Chef Salad                      Chicken patty on a bun                      Turkey &amp; Cheese Sandwich                      Yogurt Craveable</p> <p><b>Featured Veggies:</b>                      Oven Fries                      Chick Pea Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>31</b></p> <p>Nacho Grande                      Beef                      Chef Salad                      Hamburger on a bun                      Turkey &amp; Cheese Sandwich                      Yogurt Craveable</p> <p><b>Featured Veggies:</b>                      Mexican Corn                      Tomato &amp; Onion Salad                      Choice of Fruit                      Choice of Milk</p>	<p><b>1</b></p> <p>Pasta with meatballs                      Garlic Stick                      Chef Salad                      Popcorn Chicken                      Turkey &amp; Cheese Sandwich                      Yogurt Craveable</p> <p><b>Featured Veggies:</b>                      Italian Mixed Vegetables                      Carrots                      Choice of Fruit                      Choice of Milk</p>	<p><b>2</b></p> <p>French toast Sticks                      Sausage links                      Chef Salad                      Hot Dog on a bun                      Turkey &amp; Cheese Sandwich                      Yogurt Craveable</p> <p><b>Featured Veggies:</b>                      Hashbrown                      Celery Sticks                      Choice of Fruit                      Choice of Milk</p>	<p><b>3</b></p> <p>Cheese or Pepperoni Pizza                      Chef Salad                      Chicken Nuggets                      Turkey &amp; Cheese Sandwich                      Yogurt Craveable</p> <p><b>Featured Veggies:</b>                      Cherry Tomatoes                      Cucumber Slices                      Choice of Fruit                      Choice of Milk</p>
<p><b>6</b></p> <p>Ham and Cheese                      Cressent Roll                      Chicken Salad                      Chicken Nuggets                      Italian Hoagie                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Seasoned Broccoli                      Cucumber Slices                      Choice of Fruit                      Choice of Milk</p>	<p><b>7</b></p> <p>Chicken Quesadilla                      Chicken Salad                      Hot Dog on a bun                      Italian Hoagie                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Black Beans                      Corn                      Choice of Fruit                      Choice of Milk</p>	<p><b>8</b></p> <p>Panther Bowl                      Chicken Salad                      Hamburger on a bun                      Italian Hoagie                      Breadstick Craveable</p> <p><b>Featured Veggies:</b>                      Mashed potatoes                      Carrot Sticks                      Choice of Fruit                      Choice of Milk</p>	<p><b>9</b></p> <p>No School</p>	<p><b>10</b></p> <p>No School</p>

