

February 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 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.

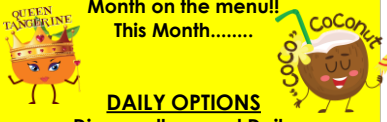
Fresh Entree Salad of the Week



Crave able 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 Cartable 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 .  
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>5</b></p> <p>Italian Dunker w/sauce <b>Panther Salad</b> Hamburger on a bun Yogurt Craveable <b>Ham and Cheese Sandwich</b> <b>Featured Veggies:</b> Chickpeas salad Baby Carrots Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Beef Soft Taco <b>Panther Salad</b> Chicken patty on a bun Yogurt Craveable <b>Ham and Cheese Sandwich</b> <b>Featured Veggies:</b> Black Beans Tomato &amp; Onion Salsa Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>Chicken and Gravy over Biscuits. <b>Panther Salad</b> Chicken Nuggets Yogurt Craveable <b>Ham and Cheese Sandwich</b> <b>Featured Veggies:</b> Mashed Potatoes Fresh Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Italian Grilled Chicken on a Roll <b>Panther Salad</b> Corn Dog Yogurt Craveable <b>Ham and Cheese Sandwich</b> <b>Featured Veggies:</b> Green Beans Romaine Salad Choice of Fruit Choice of Milk</p>	<p><b>9</b></p> <p>Cheese or Pepperoni Pizza <b>Panther Salad</b> Popcorn Chicken Yogurt Craveable <b>Ham and Cheese Sandwich</b> <b>Featured Veggies:</b> Grape Tomatoes Roasted Zucchini Choice of Fruit Choice of Milk</p>
<p><b>12</b></p> <p>Grilled Cheese Sandwich <b>Chef Salad</b> Chicken patty on a bun <b>Turkey &amp; Cheese Sandwich</b> Breadstick Craveable <b>Featured Veggies:</b> Tomato Soup Red Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Nacho Grande Beef <b>Chef Salad</b> Hamburger on a bun <b>Turkey &amp; Cheese Sandwich</b> Breadstick Craveable <b>Featured Veggies:</b> Corn Caesar Salad Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Fish sandwich Side Macaroni and cheese <b>Chef Salad</b> Chicken Tenders <b>Turkey &amp; Cheese Sandwich</b> Breadstick Craveable <b>Featured Veggies:</b> Asian style Vegetables Green Pepper Strips Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Sausage Egg and Cheese on an English Muffin <b>Chef Salad</b> Hot Dog on a bun <b>Turkey &amp; Cheese Sandwich</b> Breadstick Craveable <b>Featured Veggies:</b> Hash brown Corn Salad Choice of Fruit Choice of Milk</p>	<p><b>16</b></p> <p>Cheese or Pepperoni Pizza <b>Chef Salad</b> Fish Nuggets <b>Turkey &amp; Cheese Sandwich</b> Breadstick Craveable <b>Featured Veggies:</b> Roasted Sweet Potatoes Oven Roasted Chickpeas Choice of Fruit Choice of Milk</p>
<p><b>19</b></p> <p></p>	<p><b>20</b></p> <p>Chicken Soft Taco <b>Chicken Salad</b> Hot Dog on a bun <b>Italian Hoagie</b> <b>Pizza Craveable</b> <b>Featured Veggies:</b> Black Bean Tomatoes Salsa Choice of Fruit Choice of Milk</p>	<p><b>21</b></p> <p>Pasta w/ Meatballs Breadstick <b>Chicken Salad</b> Hamburger on a bun <b>Italian Hoagie</b> <b>Pizza Craveable</b> <b>Featured Veggies:</b> Seasoned Broccoli Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>22</b></p> <p>Bacon Cheese Burger On a Bun <b>Chicken Salad</b> Popcorn Chicken <b>Italian Hoagie</b> <b>Pizza Craveable</b> <b>Featured Veggies:</b> Roasted Zucchini Caesar Side Salad Choice of Fruit Choice of Milk</p>	<p><b>23</b></p> <p>Cheese or Pepperoni Pizza <b>Chicken Salad</b> Fish Sandwich <b>Italian Hoagie</b> <b>Pizza Craveable</b> <b>Featured Veggies:</b> Oven Fries Carrot Choice of Fruit Choice of Milk</p>
<p><b>26</b></p> <p>Grilled Cheese Sandwich <b>Panther Salad</b> Hamburger on a bun <b>Ham and cheese Wrap</b> Nacho Craveable <b>Featured Veggies:</b> Tomato Soup Tater Tots Choice of Fruit Choice of Milk</p>	<p><b>27</b></p> <p>Slow Roasted Seasoned Pork Taco <b>Panther Salad</b> Corn Dog <b>Italian Wrap</b> Nacho Craveable <b>Featured Veggies:</b> Black Beans Lettuce &amp; Tomato Choice of Fruit Choice of Milk</p>	<p><b>28</b></p> <p>Asian Sesame Chicken Over Rice <b>Panther Salad</b> Chicken Nuggets <b>Italian Wrap</b> Nacho Craveable <b>Featured Veggies:</b> Grape tomatoes Seasoned Carrots Choice of Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Turkey Bacon Cheese Hoagie <b>Panther Salad</b> Chicken patty on a bun <b>Italian Wrap</b> Nacho Craveable <b>Featured Veggies:</b> Oven Fries Baby carrots Choice of Fruit Choice of Milk</p>	<p><b>1</b></p> <p>Cheese or Pepperoni Pizza <b>Panther Salad</b> Fish Sandwich <b>Italian Wrap</b> Nacho Craveable <b>Featured Veggies:</b> Oven Sweet Potato Green beans Choice of Fruit Choice of Milk</p>
<p><b>4</b></p> <p>Grilled Italian Sandwich <b>Chef Salad</b> Chicken patty on a bun <b>Turkey &amp; Cheese Sandwich</b> Yogurt Craveable <b>Featured Veggies:</b> Oven Fries Chick Pea Salad Choice of Fruit Choice of Milk</p>	<p><b>5</b></p> <p>Nacho Grande Beef <b>Chef Salad</b> Hamburger on a bun <b>Turkey &amp; Cheese Sandwich</b> Yogurt Craveable <b>Featured Veggies:</b> Mexicali Corn Tomato &amp; Onion Salad Choice of Fruit Choice of Milk</p>	<p><b>6</b></p> <p>Pasta with meatballs Garlic Stick <b>Chef Salad</b> Popcorn Chicken <b>Turkey &amp; Cheese Sandwich</b> Yogurt Craveable <b>Featured Veggies:</b> Italian Mixed Vegetables Carrots Choice of Fruit Choice of Milk</p>	<p><b>7</b></p> <p>French Toast Sticks Sausage links <b>Chef Salad</b> Hot Dog on a bun <b>Turkey &amp; Cheese Sandwich</b> Yogurt Craveable <b>Featured Veggies:</b> Hash brown Celery Sticks Choice of Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Cheese or Pepperoni Pizza <b>Chef Salad</b> Fish Sticks <b>Turkey &amp; Cheese Sandwich</b> Yogurt Craveable <b>Featured Veggies:</b> Cherry Tomatoes Cucumber Slices Choice of Fruit Choice of Milk</p>
<p><b>11</b></p> <p>Ham and Cheese Croissant Roll <b>Chicken Salad</b> Chicken Nuggets <b>Italian Hoagie</b> Breadstick Craveable <b>Featured Veggies:</b> Seasoned Broccoli Cucumber Slices Choice of Fruit Choice of Milk</p>	<p><b>12</b></p> <p>Chicken Quesadilla <b>Chicken Salad</b> Hot Dog on a bun <b>Italian Hoagie</b> Breadstick Craveable <b>Featured Veggies:</b> Black Beans Corn Choice of Fruit Choice of Milk</p>	<p><b>13</b></p> <p>Panther Bowl <b>Chicken Salad</b> Hamburger on a bun <b>Italian Hoagie</b> Breadstick Craveable <b>Featured Veggies:</b> Mashed potatoes Carrot Sticks Choice of Fruit Choice of Milk</p>	<p><b>14</b></p> <p>Cheese Steak On a Roll <b>Chicken Salad</b> Chicken Tenders <b>Italian Hoagie</b> Breadstick Craveable <b>Featured Veggies:</b> Tomatoes Peppers and Onions Choice of Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Cheese or Pepperoni Pizza <b>Chicken Salad</b> Grilled cheese/ tomato soup <b>Italian Hoagie</b> Breadstick Craveable <b>Featured Veggies:</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>