

January 2022



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.....
Clementine

DAILY OPTIONS

Salad of the Day
PBJ Craveable Daily

Menu items in Red are weekly choices

Lunch Prices

The first Lunch for every student is at no charge additional meal are \$4.55

Adult \$4.55

Ala 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

3

Chicken nuggets

Panther Salad

Hamburger on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Chickpea salad

Baby Carrots

Choice of Fruit

Choice of Milk

10

Italian Meatballs & Cheese

On a hoagie

Chef Salad

Chicken patty on a Bun

Turkey & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Oven Fries

Red Pepper Strips

Choice of Fruit

Choice of Milk

17



Tuesday

4

Beef Taco

Panther Salad

Hamburger on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Black Beans

Tomato & Onion Salsa

Choice of Fruit

Choice of Milk

11

Nacho Grande

Chef Salad

Chicken patty on a Bun

Turkey & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Green Beans

Caesar Salad

Choice of Fruit

Choice of Milk

18

No School for Students

Professional Development day



Wednesday

5

Hot Dog on a bun

Panther Salad

Hamburger on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Hash Brown Potato

Fresh Cucumber Slices

Choice of Milk

12

BBQ Chicken

Hoagie

Chef Salad

Chicken patty on a Bun

Turkey & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Mashed Potatoes

Green Pepper Strips

Choice of Fruit

Choice of Milk

19

Pasta w/ Meatballs

Breadstick

Panther Salad

Chicken nuggets

Italian Hoagie

Pizza Craveable

Featured Veggies:

Steamed Broccoli

Carrot Sticks

Choice of Fruit

Choice of Milk

26

French toast Sticks

sausage links

Chef Salad

Hot dog on a Bun

Italian Wrap

Nacho Craveable

Featured Veggies:

Steamed Carrots

Choice of Fruit

Choice of Milk

Thursday

6

Chicken Patty

Panther Salad

Hamburger on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Green Beans

Romaine Salad

Choice of Fruit

Choice of Milk

13

Bacon Cheese Burger

Chef Salad

Chicken patty on a Bun

Turkey & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Tomato Soup

Corn Salad

Choice of Fruit

Choice of Milk

20

Hot Ham and Cheese

On a Pretzel Roll

Panther Salad

Chicken nuggets

Italian Hoagie

Pizza Craveable

Featured Veggies:

Roasted Zucchini

Caesar Side Salad

Choice of Fruit

Choice of Milk

Friday

7

Pepperoni Pizza

or

Cheese Pizza

Hamburger on a bun

Yogurt Craveable

Ham and Cheese Sandwich

Featured Veggies:

Grape Tomatoes

Roasted Zucchini

Choice of Fruit

Choice of Milk

14

Pepperoni Pizza

or

Cheese Pizza

Chicken patty on a Bun

Turkey & Cheese Sandwich

Breadstick Craveable

Featured Veggies:

Roasted Sweet Potatoes

Chick Pea Salad

Choice of Fruit

Choice of Milk

21

Pepperoni Pizza

or

Cheese Pizza

Chicken nuggets

Italian Hoagie

Pizza Craveable

Featured Veggies:

Oven Fries

Carrot

Choice of Fruit

Choice of Milk

28

Pepperoni Pizza

or

Cheese Pizza

Hot dog on a Bun

Italian Wrap

Nacho Craveable

Featured Veggies:

Oven Sweet Potato

Corn

Choice of Fruit

Choice of Milk

31

Cheese Burger

On a Bun

Panther Salad

Corn Dog

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Oven Fries

Chick Pea Salad

Choice of Fruit

Choice of Milk

1

Asian Sesame Chicken

Over Rice

Panther Salad

Corn Dog

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Mexicali Corn

Tomato & Onion Salad

Choice of Fruit

Choice of Milk

2

Cheese Steak

On a Roll

Panther Salad

Corn Dog

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Tater Tots

Carrots

Choice of Milk

3

Pasta with meatballs

Garlic Stick

Panther Salad

Corn Dog

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Steamed Broccoli

Celery Sticks

Choice of Fruit

Choice of Milk

4

Pepperoni Pizza

or

Cheese Pizza

Corn Dog

Turkey & Cheese Sandwich

Yogurt Craveable

Featured Veggies:

Cherry Tomatoes

Cucumber Slices

Choice of Fruit

Choice of Milk

7

Hot Ham and Cheese

On a Pretzel Roll

Chef Salad

Chicken Tenders

Italian Hoagie

Breadstick Craveable

Featured Veggies:

Steamed Broccoli

Cucumber Slices

Choice of Fruit

Choice of Milk

8

Beef Taco

Soft tortilla shell

Chef Salad

Chicken Tenders

Italian Hoagie