

**November/
December 2025**

Franklin Regional Intermediate 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 is Brussel Sprouts



DAILY OPTIONS

Dinner rolls served Daily
Salad of the Day
Pizza Served Daily
PBJ Craveable Daily

Menu items in Red are weekly choices

Lunch Prices

Paid lunch 2.70

Free and Reduced 0.00

Adult \$5.20

Alla cart items are priced as marked.

Additional meals 5.20

Sonny Burns

Food Service Director

724-325-1977

sburns@franklinregional.k12.pa.us

Menu is subject to change due to product availability

USDA is an equal opportunity provider and employer.

**Monday
11/10**



**Tuesday
11/11**

**Wednesday
11/12**

**Thursday
11/13**

**Friday
11/14**

11/17
Sausage Egg and Cheese
on an English Muffin
Chef Salad
Chicken patty on a bun
Turkey & Cheese Sandwich
Breadstick Craveable
Featured Veggies:
Hash brown
Carrot sticks
Choice of Fruit
Choice of Milk

11/18
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

11/19
Asian Sesame Chicken
Over Rice
Chef Salad
Chicken Tenders
Turkey & Cheese Sandwich
Breadstick Craveable
Featured Veggies:
Oriental Vegetables
Green Pepper Strips
Choice of Fruit
Choice of Milk

11/20
Thanksgiving Meal
Roasted Turkey Mashed
potatoes Seasoned Bread
Stuffing Glazed Sweet
potatoes Corn
Cranberry sauce
Ice Cream
Choice of milk
Choice of fruit

11/21
Buffalo chicken
Flatbread Pizza
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Breadstick Craveable
Featured Veggies:
Roasted Sweet Potatoes
Oven Roasted Chickpeas
Choice of Fruit
Choice of Milk

11/24
Bacon Cheese Burger
On a Bun
Chicken Salad
Chicken Nuggets
Italian Hoagie
Pizza Craveable
Featured Veggies:
Sweet Potatoes
Corn
Choice of Fruit
Choice of Milk

11/25
Chicken
Soft Taco
Chicken Salad
Hot Dog on a bun
Italian Hoagie
Pizza Craveable
Featured Veggies:
Black Bean
Tomatoes Salsa
Choice of Fruit
Choice of Milk

11/26


11/27
**Thanksgiving Break
No School**

11/28



12/2
Slow Roasted Seasoned
Pork Taco
Panther Salad
Panther Salad
Italian Wrap
Nacho Craveable
Featured Veggies:
Black Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

12/3
General Tso's
Over Rice
Panther Salad
Chicken Nuggets
Italian Wrap
Nacho Craveable
Featured Veggies:
Grape tomatoes
Seasoned Carrots
Choice of Fruit
Choice of Milk

12/4
Panther
Bowl
Panther Salad
Chicken patty on a bun
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Fries
Baby carrots
Choice of Fruit
Choice of Milk

12/5
Corn Dog
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Craveable
Featured Veggies:
Oven Sweet Potato
Green beans
Choice of Fruit
Choice of Milk

12/8
French toast Sticks
sausage links
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

12/9
Nacho Grande
Beef
Chef Salad
Hamburger on a bun
Turkey & Cheese Sandwich
Yogurt Craveable
Featured Veggies:
Mexican Corn
Brussel Sprouts
Choice of Fruit
Choice of Milk

12/10
Lasagna Rollups
Garlic Breadstick
Chef Salad
Popcorn Chicken
Turkey & Cheese Sandwich
Yogurt Craveable
Featured Veggies:
Italian Mixed Vegetables
Carrots
Choice of Fruit
Choice of Milk

12/11
Holiday Dinner
Baked Ham
Mashed Potatoes
Gravy
Sweet Potatoes
Green beans
Choice of Fruit
Choice of Milk

12/12
Fish
Sandwich
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Yogurt Craveable
Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

12/15
Pierogies
Chicken Salad
Chicken Nuggets
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Seasoned Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

12/16
Chicken
Quesadilla
Chicken Salad
Hot Dog on a bun
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Black Beans
Corn
Choice of Fruit
Choice of Milk

12/17
Chicken
Ramen
Chicken Salad
Hamburger on a bun
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Mashed potatoes
Carrot Sticks
Choice of Fruit
Choice of Milk

12/18
Turkey Bacon Cheese
Sandwich
Chicken Salad
Chicken Tenders
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Tomatoes
Brussel Sprouts
Choice of Fruit
Choice of Milk

12/19
Italian dunker
w/ Sauce
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Breadstick Craveable
Featured Veggies:
Green Beans
Baby Carrots
Choice of Fruit
Choice of Milk