

January 2026



Franklin Regional Intermediate School 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, boccol, 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



DAILY OPTIONS

Dinner rolls served Daily
Salad of the Daily
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

Ala cart items are priced as marked.

Additional meals 5.20

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Food Service Director

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Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday

12/22



Tuesday

12/23

12/30



Wednesday

12/24

CHRISTMAS
BREAK

Thursday

12/25



Friday

12/26

1/1

1/2



1/5

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

1/6

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

1/7

Pasta w/ Meatballs
or Pumpkin Alfredo
Chicken Salad
Hamburger on a bun
Italian Hoagie
Pizza Craveable

Featured Veggies:
Seasoned Broccoli
Carrot Sticks
Choice of Fruit
Choice of Milk

1/8

Seasoned wings
4 wings
Chicken Salad
Popcorn Chicken
Italian Hoagie
Pizza Craveable

Featured Veggies:
Roasted Zucchini
Caesar Side Salad
Choice of Fruit
Choice of Milk

1/9

Italian Meatballs & Cheese
On a hoagie
Chicken Salad
Chicken patty on a bun
Italian Hoagie
Pizza Craveable

Featured Veggies:
Oven Fries
Carrot
Choice of Fruit
Choice of Milk

1/12

BBQ Chicken
Hoagie
Panther Salad
Hamburger on a bun
Italian Wrap
Nacho Craveable

Featured Veggies:
Baked Beans
Tater Tots
Choice of Fruit
Choice of Milk

1/13

Slow Roasted Seasoned
Pork Taco
Panther Salad
Italian Wrap
Nacho Craveable

Featured Veggies:
Black Beans
Lettuce & Tomato
Choice of Fruit
Choice of Milk

1/14

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

1/15

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

1/16

Com Dog
Panther Salad
Chicken Tenders
Italian Wrap
Nacho Craveable

Featured Veggies:
Oven Sweet Potatoes
Green beans
Choice of Fruit
Choice of Milk

1/19



1/20

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

1/21

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

1/22

Chicken Drumsticks
Chef Salad
Hot Dog on a bun
Turkey & Cheese Sandwich
Yogurt Craveable

Featured Veggies:
Hash Browns
Celery Sticks
Choice of Fruit
Choice of Milk

1/23

Fish
Sandwich
Chef Salad
Chicken Nuggets
Turkey & Cheese Sandwich
Yogurt Craveable

Featured Veggies:
Cherry Tomatoes
Cucumber Slices
Choice of Fruit
Choice of Milk

1/26

Pierogies
Chicken Salad
Chicken Nuggets
Italian Hoagie
Breadstick Craveable

Featured Veggies:
Seasoned Broccoli
Cucumber Slices
Choice of Fruit
Choice of Milk

1/27

Chicken
Quesadilla
Chicken Salad
Hot Dog on a bun
Italian Hoagie
Breadstick Craveable

Featured Veggies:
Black Beans
Corn
Choice of Fruit
Choice of Milk

1/28

Chicken
Ramen
Chicken Salad
Hamburger on a bun
Italian Hoagie
Breadstick Craveable

Featured Veggies:
Mashed potatoes
Carrot Sticks
Choice of Fruit
Choice of Milk

1/29

Turkey Bacon Cheese
Sandwich
Chicken Salad
Chicken Tenders
Italian Hoagie
Breadstick Craveable

Featured Veggies:
Tomatoes
Peppers and Onions
Choice of Fruit
Choice of Milk

1/30

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