

November/December 2024



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.....



DAILY OPTIONS

Dinner rolls served Daily
 Salad of the Daily
 Pizza Served Daily
 PBJ Cravable 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
 Sonny Burns
 724-325-1977

sburns@franklinregional.k12.pa.us

Menu is subject to change do to product availability

USDA is an equal opportunity provider and employer.

Monday 11/11



11/18

Grilled Cheese Sandwich
Chef Salad
 Chicken patty on a bun
Turkey & Cheese Sandwich
Breadstick Craveable

Featured Veggies:
 Tomato Soup
 Red Pepper Strips
 Choice of Fruit
 Choice of Milk

11/25

Grilled Turkey and Cheese Sandwich
Chicken Salad
 Chicken Nuggets
Italian Hoagie
Pizza Craveable

Featured Veggies:
 SWEET POTATOES
 Corn
 Choice of Fruit
 Choice of Milk

11/22



12/9

Grilled Italian Sandwich
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

12/16

Grilled Turkey and Cheese Sandwich
Chicken Salad
 Chicken Nuggets
Italian Hoagie
Breadstick Craveable

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

Tuesday 11/12

11/19

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

11/26

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

12/3

Slow Roasted Seasoned Pork Taco
Panther Salad
 Corn Dog
Italian Wrap
Nacho Craveable

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

12/10

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

12/17

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

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

Wednesday 11/13

Chicken and Gravy over Biscuits.
Panther Salad
 Chicken Nuggets
Yogurt Craveable
Ham and Cheese Sandwich

Featured Veggies:
 Mashed Potatoes
 Fresh Cucumber Slices
 Choice of Fruit
 Choice of Milk

Turkey dinner W/ stuffing
Mashed Potatoes
Sweet Potatoes
Gravy
Corn
Cookie Salad

Choice of Fruit
Choice of Milk

12/4

Asian Sesame Chicken Over Rice
Panther Salad
 Chicken Nuggets
Italian Wrap
Nacho Craveable

Featured Veggies:
 Grape tomatoes
 Seasoned Carrots
 Choice of Fruit
 Choice of Milk

12/12

Holiday Meal
Glazed Ham
 With a Side of **Mac and Cheese**
Green Beans
Salad
Dinner Roll

Choice of Fruit
Choice of Milk

12/18

Panther Bowl
Chicken Salad
 Hamburger on a bun
Italian Hoagie
Breadstick Craveable

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

Thursday 11/14

Italian Grilled Chicken on a Roll
Panther Salad
 Corn Dog
Yogurt Craveable
Ham and Cheese Sandwich

Featured Veggies:
 Green Beans
 Romaine Salad
 Choice of Fruit
 Choice of Milk

11/21

Sausage Egg and Cheese on an English Muffin
Chef Salad
 Hot Dog on a bun
Turkey & Cheese Sandwich
Breadstick Craveable

Featured Veggies:
 Hashbrown
 Corn Salad
 Choice of Fruit
 Choice of Milk

11/28

BBQ Chicken Hoagie
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

French toast Sticks sausage links
Chef Salad
 Hot Dog on a bun
Turkey & Cheese Sandwich
Yogurt Craveable

Featured Veggies:
 Hashbrown
 Celery Sticks
 Choice of Fruit
 Choice of Milk

12/12

French toast Sticks sausage links
Chef Salad
 Hot Dog on a bun
Turkey & Cheese Sandwich
Yogurt Craveable

Featured Veggies:
 Hashbrown
 Celery Sticks
 Choice of Fruit
 Choice of Milk

12/19

Pierogies
Chicken Salad
 Chicken Tenders
Italian Hoagie
Breadstick Craveable

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

Friday 11/15

Cheese Steak Dunker
Panther Salad
 Popcorn Chicken
Yogurt Craveable
Ham and Cheese Sandwich

Featured Veggies:
 Grape Tomatoes
 Roasted Zucchini
 Choice of Fruit
 Choice of Milk

11/22

Buffalo chicken Hoagie
Chef Salad
 Chicken Nuggets
Turkey & Cheese Sandwich
Breadstick Craveable

Featured Veggies:
 Roasted Sweet Potatoes
 Oven Roasted Chickpeas
 Choice of Fruit
 Choice of Milk

11/29

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

Featured Veggies:
 Oven Sweet Potato
 Greenbeans
 Choice of Fruit
 Choice of Milk

12/6

Corn Dog
Panther Salad
 Chicken Tenders
Italian Wrap
Nacho Craveable

Featured Veggies:
 Oven Sweet Potato
 Greenbeans
 Choice of Fruit
 Choice of Milk

12/13

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

Featured Veggies:
 Sweet potato fries
 Cucumber Slices
 Choice of Fruit
 Choice of Milk

12/20

Italian dunker w/ Sauce
Chicken Salad
 Chicken patty on a bun
Italian Hoagie
Breadstick Craveable

Featured Veggies:
 Green Beans
 Sweet potato fries
 Choice of Fruit
 Choice of Milk

