

# Franklin Towne Charter High School October 2018 Lunch Menu



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## The Grille

**Available Daily:**  
Cheeseburger  
Regular or Spicy Breaded Chicken Sandwich  
**Daily Specials:**  
**Monday**– Beef Nachos  
**Tuesday**–Chicken Tenders with Dinner Roll  
**Wednesday**– Grilled Cheese & Tomato Soup  
**Thursday**– Warm Pretzel Sandwich  
**Friday**– Crispy Chicken Wrap, Fish Sticks

## The Garden

**Available Daily:**  
Breaded Chicken Salad with Bread  
Vegetarian Salad with Bread  
**Weekly Specials:**  
**10/1:** Taco Salad  
**10/8:** Spicy Breaded Chicken Salad  
**10/15:** Buffalo Chicken Salad  
**10/22:** Chef Salad with Turkey and Ham  
**10/29:** Grilled Chicken Caesar Salad  
(All salads come with an optional dinner Roll)

## The Pizzeria

*A variety of homemade pizzas will be available daily. Options may include:*  
Hot Buffalo Chicken Pizza  
Mexican Pizza  
Pepperoni Pizza  
Mozzarella Cheese Pizza  
California Chicken Bacon Ranch Pizza

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Ham and Potato Au Gratin with Dinner Roll Seasoned Green Beans Fresh Cinnamon Apple Slices Variety of Milk	2 Sweet and Sour Pork with Vegetables, Rice and Bread Cheesy Broccoli Sliced Peaches Variety of Milk	3 Sloppy Joe Sandwich Roasted Chickpeas Applesauce Variety of Milk	4 Chicken Parmesan with Pasta and Garlic Bread Carrots Mixed Fruit Variety of Milk	5 Grab 'N Go Choice of Homemade Pizza, Variety of Wraps, Sandwiches, or Salad Fresh Fruit & Vegetable Variety of Milk
8	No School	9 Buffalo Chicken Alfredo with Garlic Bread Steamed Broccoli Diced Pears Variety of Milk	10 Italian Dunkers with Marinara Sauce Carrots Sliced Peaches Variety of Milk	11 Pierogi Lasagna Crisp Corn Mixed Fruit Variety of Milk	12 Grab 'N Go Choice of Homemade Pizza, Variety of Wraps, Sandwiches, or Salad Fresh Fruit & Vegetable Variety of Milk
15	Pepperoni or Vegetable Stromboli Baked French Fries Diced Peaches Variety of Milk	16 Burrito Bowl with Assorted Toppings Black Beans Applesauce Variety of Milk	17 Cheesesteak with Sautéed Peppers and Onions Seasoned Green Beans Mixed Fruit Variety of Milk	18 Orange Kissed Chicken Bowl Steamed Broccoli Burstin' Blueberries Variety of Milk	19 Grab 'N Go Choice of Homemade Pizza, Variety of Wraps, Sandwiches, or Salad Fresh Fruit & Vegetable Variety of Milk
22	Breakfast for Lunch Tater Tots Sliced Strawberries Variety of Milk	23 Macaroni and Cheese with Dinner Roll Stewed Tomatoes Fresh Cinnamon Apple Slices Variety of Milk	24 Buffalo Chicken Sticks Savory Baked Beans Applesauce Variety of Milk	25 Chicken and Cheese Quesadilla with Assorted Toppings Refried Beans Mixed Fruit Variety of Milk	26 Grab 'N Go Choice of Homemade Pizza, Variety of Wraps, Sandwiches, or Salad Fresh Fruit & Vegetable Variety of Milk
29	Pasta with Meat Sauce and Garlic Bread Crisp Corn Fresh Cinnamon Apple Slices Variety of Milk	30 Jamaican Pork over Rice Black Beans Applesauce Variety of Milk	31 BBQ Pulled Pork Sandwich Baked French Fries Burstin' Blueberries Variety of Milk	11/1 Buffalo Chicken Dipper Seasoned Green Beans Sliced Peaches Variety of Milk	11/2 Grab 'N Go Choice of Homemade Pizza, Variety of Wraps, Sandwiches, or Salad Fresh Fruit & Vegetable Variety of Milk

## The Deli

A wide variety of sandwiches, wraps and specialty salads are available daily!  
 Fresh Produce from Local Farms based on crop availability

## Accompaniments

\*Must take at least one 1/2 cup of fruit or vegetable  
**\*Vegetable Bar includes:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
**\*Fruits include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce

## Milk

**Milk Choices Offered Daily:**  
1% white, non-fat white, non-fat flavored

## Proud to manage your food service program

**Lunch Prices: Paid \$3.00 Reduced \$ .40**

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