

Franklin Towne Charter Elementary School

January 2019 Lunch Menu

Food Service Director: Melissa Lichtner
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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread,
 and Choice of Milk

**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits include:

Crisp Apple
 Sliced Peaches
 Mixed Fruit
 Fresh Orange
 Banana

Pineapple Tidbits
 Diced Pears
 Applesauce

*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 No School	2 Meatball Sandwich Tater Tots Applesauce Variety of Milk	3 Turkey & Stuffing Roll Up Mashed Potatoes Diced Pears Variety of Milk	4 Chicken and Broccoli Alfredo Carrot Coins Mixed Fruit Variety of Milk
	7 Hot Turkey Sandwich Emoji Potatoes Mixed Fruit Variety of Milk	8 Macaroni and Cheese Stewed Tomatoes Mandarin Oranges Variety of Milk	9 BBQ Pulled Pork Sandwich Green Peas Diced Pears Variety of Milk	10 Buffalo Chicken Dipper Steamed Broccoli Warm Cinnamon Apple Slices Variety of Milk	11 Grilled Cheese & Soup Baked Beans Applesauce Variety of Milk
	14 Ham and Pineapple Slices with Dinner Roll Mashed Potatoes Applesauce Variety of Milk	15 Cheeseburger on a Bun Green Peas Pineapple Tidbits Variety of Milk	16 Italian Dunkers with Marinara Sauce Sliced Carrots Diced Pears Variety of Milk	17 Build Your Own Chicken Fajita Refried Beans Sliced Peaches Variety of Milk	18 BBQ Chicken Hoagie on a Bun Crisp Corn Mixed Fruit Variety of Milk
	21 MLK Day No School	22 Beef Shepherd's Pie Green Beans Mandarin Oranges Variety of Milk 	23 Orange Kissed Chicken with Rice Steamed Broccoli Sliced Peaches Variety of Milk	24 Breakfast for Lunch Tater Tots Applesauce Variety of Milk	25 Chicken and Cheese Quesadilla Black Beans Pineapple Tidbits Variety of Milk
	28 Cheesesteak with Peppers and Onions Emoji Potatoes Warm Sliced Apples Variety of Milk	29 Pierogi Lasagna Steamed Broccoli Diced Peaches Variety of Milk	30 Roasted Pork Sandwich Carrot Raisin Salad Applesauce Variety of Milk 	31 Walking Taco with Assorted Toppings Crisp Corn Diced Pears Variety of Milk	2/1 Hot Dog on a Bun Baked Beans Mixed Fruit Variety of Milk
	Monday Beef Nachos with Assorted Toppings or Home-Style Pizza	Tuesday Chicken Tenders with Dinner Roll or Home-style Stromboli	Wednesday Corn Dog Nuggets or Home- Style pizza	Thursday Breaded Chicken Patty Sandwich or Home-Style Stromboli	Friday Warm Pretzel Sandwich or Home-Style Pizza