

Franklin Towne Charter Elementary School December 2018 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 |
|--|---|--|---|--|---|
| 3 | BBQ Pulled Pork Sandwich Baked French Fries Applesauce Variety of Milk | 4 Ham and Potato Au Gratin Steamed Broccoli Mixed Fruit Variety of Milk | 5 Chicken Fajitas Black Bean & Corn Salad Diced Pears Variety of Milk  | 6 Italian Dunkers with Marinara Sauce Green Beans Sliced Peaches Variety of Milk | 7 No School |
| 10 | French Onion Chicken Sandwich Crisp Corn Mixed Fruit Variety of Milk | 11 Hot Turkey Sandwich Diced Carrots Mandarin Oranges Variety of Milk | 12 Breakfast For Lunch Tater Tots Diced Pears Variety of Milk | 13 Orange Kissed Chicken Bowl with Rice Steamed Broccoli Warm Cinnamon Apple Slices Variety of Milk | 14 BBQ Rib Sandwich Savory Baked Beans Applesauce Variety of Milk |
| 17 | Buffalo Chicken Sticks Baked French Fries Applesauce Variety of Milk | 18 Pasta with Meat Sauce and Dinner Roll Steamed Broccoli Pineapple Tidbits Variety of Milk | 19 Grilled Cheese and Tomato Soup Green Peas and Carrots Diced Pears Variety of Milk | 20 Walking Taco with Assorted Toppings Refried Beans Sliced Peaches Variety of Milk | 21 No lunch served. Early Dismissal. |
| 24 | Winter Break | 25 | 26 | 27 | 28 |
|  | | | | | |
| 31 | Winter Break | 1/1 | 1/2 | 1/3 | 1/4 |
| | Winter Break | Winter Break | Meatball Sandwich Tater Tots Applesauce Variety of Milk | Turkey & Stuffing Roll Up Mashed Potatoes Diced Pears Variety of Milk | Chicken and Broccoli Alfredo Carrot Coins 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 |