

Franklin Towne Charter Elementary School

November 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				
10/29	Hot Turkey Lunch Mashed Potatoes Applesauce Variety of Milk	10/30 Homemade Beef Lasagna Steamed Broccoli Mixed Fruit Variety of Milk	10/31 HAPPY HALLOWEEN! Mummy Dog Baked French Fries Diced Pears Variety of Milk 	1 Grilled Cheese Sandwich with Tomato Soup Green Beans Sliced Peaches Variety of Milk 	2 Buffalo Chicken Dipper Steamed Peas Sliced Apples Variety of Milk				
5	Meatball Sandwich Emoji Potatoes Mixed Fruit Variety of Milk	6 Pasta with Meat Sauce Steamed Broccoli Mandarin Oranges Variety of Milk	7 Italian Dunkers with Marinara Sauce Confetti Bean Salad Diced Pears Variety of Milk 	8 Buffalo Chicken Macaroni and Cheese Stewed Tomatoes Warm Cinnamon Apple Slices Variety of Milk	9 BBQ Chicken Hoagie Seasoned Green Beans Applesauce Variety of Milk				
12	No School	13 Breakfast for Lunch Tater Tots Pineapple Tidbits Variety of Milk	14 Orange Kissed Chicken Bowl with Rice Steamed Broccoli Diced Pears Variety of Milk	15 Walking Taco with Assorted Toppings Crisp Corn Sliced Peaches Variety of Milk	16 Chicken Quesadillas Black Beans Mixed Fruit Variety of Milk				
19	Roasted Pork Sandwich Green Peas Diced Peaches Variety of Milk	20 <u>Harvest Feast!</u> Roasted Turkey Creamy Mashed Potatoes Roasted Green Beans Warm Apples Variety of Milk	21 No Lunch Served	22 Thanksgiving Break	23 Thanksgiving Break				
26	Cheesesteak with Peppers and Onion Carrot Coins Diced Pears Variety of Milk	27 Homemade Meatloaf with Dinner Roll Seasoned Green Beans Applesauce Variety of Milk 	28 Macaroni and Cheese with Dinner Roll Stewed Tomatoes Sliced Peaches Variety of Milk	29 Hot Dog on a Bun Emoji Potatoes Sliced Apples Variety of Milk	30 Crispy Fish Sticks 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 Pizza	Wednesday	Deluxe Cheeseburger or Home-Style pizza	Thursday	Breaded Chicken Patty Sandwich or Home-Style Stromboli	Friday	Warm Pretzel Sandwich or Home-Style Pizza