

January 2025 | Frankston ISD Lunch Menu



Announcements:

Menus are subject to change

Students account may be pre-paid at the school or online for ala carte items.

Choice of milk served daily.

GREAT NEWS

Lunch is **FREE** to **ALL** students.

Every lunch is served with at least 1/2c fruit and/or 1/2c vegetable.

Water fountain is available.

Monday

Tuesday

Wednesday

Thursday

Friday

Oranges

Season in Texas: September - April

Did you know?

Like cantaloupes, oranges won't ripen once they're picked



1



2

3

6

7

Chicken Nuggets w/Mac & Cheese or
Steak Fingers w/Mac & Cheese
Seasoned Corn
Green Beans
Applesauce &
Mixed Berries Cup / *Milk*

8

Personal Pan Pizza
HS-Buffalo Pizza or
Cheese Sticks w/Marinara
*Roasted Sweet Potatoes
Broccoli & Cheese
Sliced Pears &
Mandarin Oranges / *Milk*

9

Nachos w/Meat
HS-w/Spanish Rice or
BBQ Sandwich
Pinto Beans
Garden Salad Mix
Dried Mixed Fruit &
Diced Peaches / *Milk*

10

Hamburger or
Fiestada
HB Trimmings
Baby Carrots & Curly Fries
Pineapple Tidbits &
Frozen Fruit Juice
Milk

13

14

Popcorn Chicken
w/Dinner Roll or
Pizza Crunchers
Mashed Potatoes
Broccoli w/Dip
Grapefruit & Diced Pears
Milk

15

Cheese Pizza
HS-French Bread Pizza or
****BBQ Fries** w/Garlic Toast
*Carrot Sticks w/Dip
Navy Beans
Red Apples & Mixed Fruit
Milk

16

Crispitos-
HS-w/Cilantro Rice or
Hot Dogs / **HS**-w/Chips
Garden Salad Mix
Green Beans
Raisins &
Oranges / *Milk*

17

Hamburger or
Chicken Quesadilla
HB Trimmings
Sweet Potato Fries
Baked Beans
Blueberries & Sidekicks
Milk

20



21

Steak Fingers w/Roll or
Orange Chicken w/Noodles &
HS-Egg Roll
Baby Bakers
Black-eyed Peas
Applesauce &
Diced Peaches / *Milk*

22

Pepperoni Pizza or
Boneless Chicken Wings
Breadsticks w/Wings
Broccoli Salad
Roasted Yellow Squash
Fresh Pears &
Mandarin Oranges / *Milk*

23

Chicken Fajita
HS-w/Spanish Rice or
Taco Salad w/Spanish Rice
Cherry Tomatoes
Refried Beans
Bananas & Strawberry Cup
Milk

24

Hamburger or
Chicken Sandwich
MS/HS-Spicy Chicken
HB Trimmings
Tator Tots & *Baby Carrots
Grapefruit &
Frozen Fruit Juice / *Milk*

27

The Items in ***Bold/Italic*** represents Farm Fresh from Texas. The items that are in ***Bold only*** represent potential Farm Fresh from Texas depending on the season and availability.



28

Chicken Tenders w/ Roll or
Fish Sticks w/Roll
Mashed Potatoes
Cucumber w/Dip
Sliced Peaches & Raisins
Milk

29

Pepperoni Pizza or
Grilled Cheese
Navy Beans
Steamed Spinach
Red Apples &
Mixed Fruit
Milk



30

Spaghetti w/Meatballs &
Garlic Toast or
Soft Tacos-**HS**-Cilantro Rice
*Steamed Carrots
Garden Salad Mix
Blueberries & **Oranges**
Milk

31

Cheeseburger or
Mini Corn Dogs
Sweet Potato Tots
Cauliflower w/Cheese
HB Trimmings
Strawberry Cup &
Sidekicks / *Milk*



Food and Nutrition Division
www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 6/6/2024
National School Lunch Program

January 2025 | Frankston ISD Breakfast Menu



Announcements:

Menus are subject to change

Students account may be pre-paid at the school or online for ala carte items

Choice of milk served daily

GREAT NEWS
Breakfast and Lunch is **FREE** to **ALL** students

Every breakfast is served with at least 1/2c fruit and/or 1/2c vegetable

Water fountain is available.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oranges</p> <p>Season in Texas: September - April</p> <p>Did you know?</p> <p>Like cantaloupes, oranges won't ripen once they're picked</p>		<p>1</p>	<p>2</p>	<p>3</p>
<p>6</p>	<p>7</p> <p>Cereal w/Grahams Apple Juice Fruit Milk</p>	<p>8</p> <p>Waffles Pine/Orange Juice Raisins Milk</p>	<p>9</p> <p>Blueberry Muffin Pine/Orange Juice Red Apples Milk</p>	<p>10</p> <p>Mini Bagels Fruit Juice Fresh Pears Milk</p>
<p>13</p>	<p>14</p> <p>Egg Croissant MS/HS: w/Sausage Apple Juice Oranges Milk</p>	<p>15</p> <p>French Toast Pine/Orange Juice Raisins Milk</p>	<p>16</p> <p>Breakfast Burrito w/Grahams Pine/Orange Juice Bananas Milk</p>	<p>17</p> <p>Cinnamon Swirls Fruit Juice Red Apples Milk</p>
<p>20</p>	<p>21</p> <p>Biscuit & Sausage Apple Juice Oranges Milk</p>	<p>22</p> <p>Waffles Pine/Orange Juice Fresh Pears Milk</p>	<p>23</p> <p>Blueberry Muffin Pine/Orange Juice Fresh Fruit Milk</p>	<p>24</p> <p>Cereal w/Cheese Cubes Fruit Juice Raisins Milk</p>
<p>27</p>	<p>28</p> <p>Biscuit & Sausage Apple Juice Oranges Milk</p>	<p>29</p> <p>French Toast Pine/Orange Juice Raisins Milk</p>	<p>30</p> <p>Breakfast Burrito w/Salsa Pine/Orange Juice Bananas Milk</p>	<p>31</p> <p>Cinnamon Swirls Fruit Juice Red Apples Milk</p>



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January 2025 | Frankston ISD PreK Lunch Menu



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Students account may be pre-paid at the school or online for ala carte items

Non-Flavored milk served daily to Pre-K for lunch.

GREAT NEWS
Breakfast and Lunch is **FREE** to **ALL** students

Every lunch is served with at least 1/2c fruit and 1/2c vegetable

Water fountain is available.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oranges</p> <p>Season in Texas: September - April</p> <p>Did you know? Like cantaloupes, oranges won't ripen once they're picked</p>		<p>1</p>	<p>2</p>	<p>3</p>
<p>6</p>	<p>7 Chicken Nuggets w/Mac & Cheese Seasoned Corn Green Beans Applesauce Milk</p>	<p>8 Personal Pan Pizza Roasted Sweet Potatoes Broccoli & Cheese Mandarin Oranges Milk</p>	<p>9 Nachos w/Meat Pinto Beans Garden Salad Mix Diced Peaches Milk</p>	<p>10 Hamburger Baby Carrots Curly Fries Pineapple Tidbits Milk</p>
<p>13</p>	<p>14 Popcorn Chicken w/Dinner Roll Mashed Potatoes Broccoli w/Dip Grapefruit Milk</p>	<p>15 Cheese Pizza Carrot Sticks w/Dip Navy Beans Red Apples Milk</p>	<p>16 Hot Dogs Garden Salad Mix Green Beans Oranges Milk</p>	<p>17 Hamburger Sweet Potato Fries Baked Beans Blueberries Milk</p>
<p>20</p>	<p>21 Steak Fingers w/Roll Baby Bakers Black-eyed Peas Diced Peaches Milk</p>	<p>22 Pepperoni Pizza Broccoli Salad Roasted Yellow Squash Fresh Pears Milk</p>	<p>23 Taco Salad w/Spanish Rice Cherry Tomatoes Refried Beans Bananas Milk</p>	<p>24 Hamburger Tator Tots Baby Carrots Grapefruit Milk</p>
<p>27</p> <p>The Items in Bold/Italic represents Farm Fresh from Texas. The items that are in Bold only represent potential Farm Fresh from Texas depending on the season and availability.</p>	<p>28 Chicken Tenders w/ Roll Mashed Potatoes Cucumber w/Dip Sliced Peaches Milk</p>	<p>29 Pepperoni Pizza Navy Beans Steamed Spinach Red Apples Milk</p>	<p>30 Spaghetti w/Meatballs & Garlic Toast Steamed Carrots Garden Salad Mix Oranges Milk</p>	<p>31 Cheeseburger Sweet Potato Tots Cauliflower w/Cheese Strawberry Cup Milk</p>



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