

## Frankston ISD

## MENU

**WEDNESDAY** 



## **MONDAY**





## **TUESDAY**

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

Steak Fingers w/Roll or

**HS**-Egg Roll

**Baby Bakers** 

Black-eved Peas

Applesauce Cup &

Diced Peaches / Milk

Chicken Tenders w/ Roll or

Have a great winter break!

Orange Chicken w/Noodles &



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

**HS**-French Bread Pizza or

\*\*BBO Fries w/Garlic Toast

Applesauce Cup & Mixed Fruit

Cheese Pizza

**Navy Beans** 

\*Steamed Carrots



Strawberry Cup / Milk

Personal Pizza or Gobble Grilled Cheese Navy Beans Steamed Spinach Red Apples & Mixed Berry Cup



03

Cheeseburger or Mini Corn Dogs **Sweet Potato Tots** Cauliflower w/Cheese **HB** Trimmings Oranges & Blueberries Milk

## **FRIDAY**

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

04

18

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

Lunchables

19 Chips \*Baby Carrots Broccoli Bites Fresh Fruit & Frozen Fruit Juice Milk



Ice Cream \$1.25

Cucumber w/Dip Sliced Peaches & Raisins Milk

Salisbury Steak

Mashed Potatoes





**THURSDAY** 

Crispitos-

HS-w/Spanish Rice or

HS-w/Spanish Rice or

Bananas & Mixed Fruit

\*Cherry Tomatoes

Tamales HS-w/Spanish Rice

Garden Salad Mix

Green Beans

Chicken Fajita

Refried Beans

Milk

Hot Dogs / HS-w/Grahams

Grapefruit & Mandarin Oranges

05



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





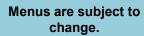


31









Choice of milk served daily.

Water fountain is available.

#### \*GREAT NEWS\*

Lunch is FREE to ALL students.

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

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

### **DID YOU KNOW**

Spinach grows rapidly and becomes full-grown in about six to eight weeks it has about 10-12 leaves, by pulling the plant out of the ground.







Choice of milk served daily.

Water fountain is available.

# Frankston ISD Breakfast Breakfast



K	MONDAY	1	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7		01	Cereal w/Cheese Cubes Apple Juice Oranges Milk	Waffles Sunrise Juice Raisins Milk	Blueberry Muffin Grape Juice Apple Slices Milk	Mini Bagels Fruit Juice Fresh Pears Milk
U		08	Sausage Croissant Apple Juice Oranges Milk	French Toast Sunrise Juice Raisins Milk	Breakfast Burrito w/Grahams Grape Juice Fresh Pears Milk	Cinnamon Swirls Fruit Juice Apple Slices Milk
•		15	Biscuit & Sausage Apple Juice Oranges Milk	Waffles Sunrise Juice Raisins Milk	Sausage Roll Grape Juice Fresh Fruit Milk	Cereal w/Cheese Cubes Fruit Juice Fresh Fruit Milk
		22	Have a great winter break!	24	HAPPY HOLIDAYS	<b>26</b>
	The Items in Bold/Italic represents Farm Fresh from Texas. The items that are Bold only represent potential Farm Fresh from Texas depending on the season and availability.		30	31		
Menus are subject to change.  *GREAT NEWS* Lunch is FREE to ALL students.  *2024-25 Cafeteria Awards* TDA – Farm Fresh Challenge – Best of The Bunch Award USDA – Turnip The Beet – Silver Award						

Students account may be pre-paid at the school or

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

online for ala carte items.

1/2c vegetable.

**Healthy Meals Incentives Recognition Awards for:** 

Small and/or Rural SFA Breakfast Trailblazer

Small and/or Rural SFA Lunch Trailblazer

Innovation in Nutrition Education

MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION This institution is an equal opportunity provider.



## Frankston ISD Pre-k Lunch

## MENU

**WEDNESDAY** 



## **MONDAY**





### **TUESDAY**

Popcorn Chicken w/Dinner Roll Mashed Potatoes Steamed Broccoli Raisins Milk



Cheese Pizza Steamed Carrots **Navy Beans** Applesauce Cup Milk



**Hot Dogs** Garden Salad Mix Green Beans Mandarin Oranges Milk

**THURSDAY** 



Hamburger **Sweet Potato Fries Baked Beans** Blueberries Milk

**FRIDAY** 



08

Steak Fingers w/Roll Sample - Orange Chicken **Baby Bakers** Black-eyed Peas **Diced Peaches** Milk

09

Pepperoni Pizza Broccoli Salad Roasted Yellow Squash **Fresh Pears** Milk

10

Tamales **Cherry Tomatoes** Refried Beans Bananas Milk

Hamburger

**Tator Tots Baby Carrots** Grapefruit Milk

15 Ice Cream \$1.25

Chicken Tenders w/ Roll Mashed Potatoes Cucumber w/Dip Sliced Peaches Milk

16

30

Personal Pizza **Navy Beans** Steamed Spinach **Red Apples** 

Milk

17

Cheeseburger **Sweet Potato Tots** Cauliflower w/Cheese **Oranges** Milk

18

Chips **Baby Carrots** Broccoli Bites Fresh Fruit Milk

Lunchables





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

31



### Menus are subject to change.

Unflavored milk served daily.

Water fountain is available.

#### \*GREAT NEWS\*

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## **DID YOU KNOW?**

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