



Frankston ISD Lunch

MENU

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Harvest of the Month 	01 Popcorn Chicken w/Dinner Roll or Pizza Crunchers Mashed Potatoes Steamed Broccoli Raisins & Diced Pears Milk	02 Cheese Pizza HS-French Bread Pizza or **BBQ Fries w/Garlic Toast *Steamed Carrots Navy Beans Applesauce Cup & Mixed Fruit Milk	03 Crisпитos- HS-w/Spanish Rice or Hot Dogs / HS-w/Grahams Garden Salad Mix Green Beans Grapefruit & Mandarin Oranges Milk	04 Hamburger or Chicken Quesadilla HB Trimmings Sweet Potato Fries Baked Beans Blueberries & Sidekicks Milk
08	09 Steak Fingers w/Roll or Orange Chicken w/Noodles & HS-Egg Roll Baby Bakers Black-eyed Peas Applesauce Cup & Diced Peaches / Milk	10 Pepperoni Pizza or Boneless Chicken Wings Breadsticks w/Wings Broccoli Salad *Roasted Yellow Squash Fresh Pears & Strawberry Cup / Milk	11 Chicken Fajita HS-w/Spanish Rice or Tamales HS-w/Spanish Rice *Cherry Tomatoes Refried Beans Bananas & Mixed Fruit Milk	12 Hamburger or Chicken Sandwich MS/HS-Spicy Chicken HB Trimmings Tator Tots & Baby Carrots Grapefruit & Frozen Fruit Juice / Milk
15  Ice Cream \$1.25	16 Chicken Tenders w/ Roll or Salisbury Steak Mashed Potatoes Cucumber w/Dip Sliced Peaches & Raisins Milk	17 Personal Pizza or Gobble Grilled Cheese Navy Beans Steamed Spinach Red Apples & Mixed Berry Cup Milk	18 Cheeseburger or Mini Corn Dogs Sweet Potato Fries Cauliflower w/Cheese HB Trimmings Oranges & Blueberries Milk	19 Lunchables Chips *Baby Carrots Broccoli Bites Fresh Fruit & Frozen Fruit Juice Milk
22	23 Have a great winter break! 	24	25 	26
29 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. 	30	31		

Menus are subject to change.

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 after it is planted. Farmers pick it when it has about 10-12 leaves, by pulling the plant out of the ground.





Frankston ISD Breakfast

MENU

DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 01	02 Cereal w/Cheese Cubes Apple Juice Oranges Milk	03 Waffles Sunrise Juice Raisins Milk	04 Blueberry Muffin Grape Juice Apple Slices Milk	05 Mini Bagels Fruit Juice Fresh Pears Milk
08 	09 Sausage Croissant Apple Juice Oranges Milk	10 French Toast Sunrise Juice Raisins Milk	11 Breakfast Burrito w/Grahams Grape Juice Fresh Pears Milk	12 Cinnamon Swirls Fruit Juice Apple Slices Milk
15 	16 Biscuit & Sausage Apple Juice Oranges Milk	17 Waffles Sunrise Juice Raisins Milk	18 Sausage Roll Grape Juice Fresh Fruit Milk	19 Cereal w/Cheese Cubes Fruit Juice Fresh Fruit Milk
22 	23 Have a great winter break! 	24 	25 	26 
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2024-25 Cafeteria Awards

TDA – Farm Fresh Challenge – Best of The Bunch Award
USDA – Turnip The Beet – Silver Award
Healthy Meals Incentives Recognition Awards for:
Small and/or Rural SFA Breakfast Trailblazer
Small and/or Rural SFA Lunch Trailblazer
Innovation in Nutrition Education





Frankston ISD

Pre-k Lunch

MENU

DECEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Harvest
of the Month



01

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

02

Cheese Pizza
Steamed Carrots
Navy Beans
Applesauce Cup
Milk

03

Hot Dogs
Garden Salad Mix
Green Beans
Mandarin Oranges
Milk

04

Hamburger
Sweet Potato Fries
Baked Beans
Blueberries
Milk

05

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

11

Hamburger
Tator Tots
Baby Carrots
Grapefruit
Milk

12

15



Ice Cream
\$1.25

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

16

Personal Pizza
Navy Beans
Steamed Spinach
Red Apples
Milk

17

Cheeseburger
Sweet Potato Tots
Cauliflower w/Cheese
Oranges
Milk

18

Lunchables
Chips
Baby Carrots
Broccoli Bites
Fresh Fruit
Milk

19

22

Have a great winter break!



24



26

29

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30

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Unflavored milk served daily.

Water fountain is available.

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