October 2026

Frankston ISD Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			01 Breakfast Burrito **MS/HS**-w/Grahams Apple Juice Fresh Pears Milk	**02** Sausage Bagel Sunrise Juice Apples Milk
05	**06** Egg & Cheese English Muffin Apple Juice Dried Mixed Fruit **HS Only**-w/Oranges Milk	**07** Waffles Sunrise Juice Raisins Milk	**08** Egg Frittata w/Grahams **HS Only**-Egg Frittata Wrap Apple Juice Bananas Milk	**09** Cereal w/Cheese Stick Sunrise Juice Apples Milk
12 	**13** Egg Croissant **MS/HS**–Egg, Sausage Croissant Apple Juice Oranges Milk	**14** French Toast Sunrise Juice Raisins Milk	**15** Breakfast Burrito **MS/HS**-w/Grahams Apple Juice Fresh Pears Milk	**16** Sausage Bagel Sunrise Juice Apples Milk
19	**20** Egg & Cheese English Muffin Apple Juice Dried Mixed Fruit **HS Only**-w/Oranges Milk	**21** Waffles Sunrise Juice Raisins Milk	**22** Egg Frittata w/Grahams **HS Only**-Egg Frittata Wrap Apple Juice Bananas Milk	**23** Cereal w/Cheese Stick Sunrise Juice Apples Milk
26	**27** Egg Croissant **MS/HS**–Egg, Sausage Croissant Apple Juice Oranges Milk	**28** French Toast Sunrise Juice Raisins Milk	**29** Breakfast Burrito **MS/HS**-w/Grahams Apple Juice Fresh Pears Milk	**30** Sausage Bagel Sunrise Juice Apples Milk

FARM FRESH
TEXAS DEPARTMENT OF AGRICULTURE

Announcements

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.

2025-26 Cafeteria Awards

TDA – Farm Fresh Challenge Cream of The Crop Award
USDA – Turnip The Beet 2024 – Silver Award
USDA – USDA Food



Ice Cream $1.25



square meals www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.

Updated 06/20/25

October 2026

Frankston ISD Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month			**01** Chicken Fajita **HS**-w/Spanish Rice or ***Taco Salad*** w/Spanish Rice *Cherry Tomatoes Refried Beans Bananas & Strawberries ***Milk***	**02** ***Hamburger*** or ***Chicken Sandwich*** **MS/HS-*Spicy Chicken*** ***HB Trimmings*** Tator Tots & Baby Carrots **Grapefruit** & Frozen Fruit Juice / ***Milk***
05 **FUN FACT** Apples float when dropped into water because they consist of 25% air.	**06** Chicken Tenders w/Roll **MS/HS**-Chicken Legs w/ Roll or Lasagna Roll-up w/Roll Mashed Potatoes ***Cucumbers*** w/Dip Sliced Peaches & Raisins ***Milk***	**07** Cheese Pizza **HS**-Buffalo Pizza or Burrito Navy Beans Steamed Spinach **Red Apples** & Mixed Fruit ***Milk***	**08** Spaghetti w/Meatballs & ***Garlic Toast*** or ***Soft Tacos*-HS**-Cilantro Rice *Steamed Carrots ***Garden Salad Mix*** **Blueberries** & Sliced Pears ***Milk***	**09** ***Cheeseburger*** or Mini Corn Dogs Sweet Potato Tots Cauliflower w/Cheese ***HB Trimmings*** ***Oranges*** & Sidekicks ***Milk***
CAFETERIA CIRCUS NATIONAL SCHOOL LUNCH WEEK OCT 12TH-16TH •2026	**13** Chicken Nuggets w/Mac & Cheese or Corny Dog w/Mac & Cheese Seasoned Corn Green Beans **Green Apples** & Diced Peaches / ***Milk***	**14** Big Top Pepperoni Pizza or Cheese Sticks w/Marinara Roasted Sweet Potatoes Broccoli & Cheese Diced Pears & ***Grapefruit*** / ***Milk***	**15** ***Macho Nachos w/Meat*** **HS**-w/Spanish Rice or Fiestada Refried Beans ***Garden Salad Mix*** Mixed Berries & Strawberries ***Milk***	**16** ***ET Beef Hamburger*** or Hot Dogs ***HB Trimmings*** *Baby Carrots & Curly Fries ***Texas Watermelon*** & Frozen Fruit Juice ***Milk***
19	**20** Popcorn Chicken w/Dinner Roll or Pizza Crunchers Mashed Potatoes Broccoli w/Dip Sliced Peaches & Sliced Pears ***Milk***	**21** Cheese Pizza **HS**-French Bread Pizza or BBQ Fries w/***Garlic Toast*-HS** x2 ***Garden Salad Mix*** Navy Beans **Red Apples** & Mixed Fruit ***Milk***	**22** Crispitos- **HS**-w/Cilantro Rice or Hot Dogs **MS/HS**-Tamales *Steamed Carrots Seasoned Cabbage Raisins & ***Oranges*** ***Milk***	**23** ***ET Beef Hamburger*** or Chicken Quesadilla ***HB Trimmings*** Sweet Potato Fries Baked Beans **Blueberries** & Sidekicks ***Milk***
26 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.	**27** Steak Fingers w/Roll or Orange Chicken w/Noodles & **HS**-Egg Roll Baby Bakers Steamed Broccoli Applesauce Cup & Diced Peaches / ***Milk***	**28** Pepperoni Pizza or Boneless Chicken Wings Breadsticks w/Wings Celery Sticks *Roasted Yellow Squash **Fresh Pears** & Mandarin Oranges / ***Milk***	**29** Chicken Fajita **HS**-w/Spanish Rice or ***Taco Salad*** w/Spanish Rice *Cherry Tomatoes Refried Beans Bananas & Strawberries/***Milk***	**30** ***Hamburger*** or ***Chicken Sandwich*** **MS/HS-*Spicy Chicken*** ***HB Trimmings*** Tator Tots & Baby Carrots ***Grapefruit*** & Frozen Fruit Juice / ***Milk***

FARM FRESH
TEXAS DEPARTMENT OF AGRICULTURE

Announcements

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?

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

REMINDER

Ice Cream $1.25

square meals www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Updated 06/20/25

October 2026

Frankston ISD Pre-K Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Harvest of the Month 			**01** ***Taco Salad*** w/Spanish Rice Cherry Tomatoes Refried Beans Bananas ***Milk***	**02** ***Hamburger*** Tator Tots Baby Carrots **Grapefruit** ***Milk***
05 **FUN FACT** Apples float when dropped into water because they consist of 25% air.	**06** Chicken Leg w/ Roll Mashed Potatoes Cucumber w/Dip Sliced Peaches ***Milk***	**07** Cheese Pizza Navy Beans Steamed Spinach **Red Apples** ***Milk***	**08** Spaghetti w/Meatballs & ***Garlic Toast*** Steamed Carrots ***Garden Salad Mix*** **Blueberries / *Milk***	**09** ***Cheeseburger*** Sweet Potato Tots Cauliflower w/Cheese ***Oranges*** ***Milk***
	**13**  Chicken Nuggets w/Mac & Cheese Seasoned Corn Green Beans Applesauce / ***Milk***	**14** Big Top Pepperoni Pizza Roasted Sweet Potatoes Broccoli & Cheese Diced Pears ***Milk*** 	**15**  ***Macho Nachos w/Meat*** Refried Beans ***Garden Salad Mix*** Mixed Berries ***Milk***	**16** ***ET Beef Hamburger*** Baby Carrots Curly Fries Watermelon ***Milk***  
19	**20** Popcorn Chicken w/Dinner Roll Mashed Potatoes Broccoli w/Dip Sliced Peaches ***Milk***	**21** Cheese Pizza ***Garden Salad Mix*** Navy Beans Mixed Fruit ***Milk***	**22** ***Hot Dogs*** Steamed Carrots Seasoned Cabbage Mandarin Oranges ***Milk***	**23** ***ET Beef Hamburger*** Sweet Potato Fries Baked Beans **Blueberries** ***Milk***
26 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.	**27** Steak Fingers w/Roll Baby Bakers Steamed Broccoli Applesauce Cup ***Milk***	**28** Pepperoni Pizza Celery Sticks Roasted Yellow Squash **Fresh Pears** ***Milk***	**29** ***Taco Salad*** w/Spanish Rice Cherry Tomatoes Refried Beans Bananas ***Milk***	**30** ***Hamburger*** Tator Tots Baby Carrots **Grapefruit** ***Milk***

FARM FRESH
TEXAS DEPARTMENT OF AGRICULTURE

Announcements

Menus are subject to change.

Unflavored 1% Low fat milk served daily.

Water fountain is available.

GREAT NEWS

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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 1/2c vegetable.

DID YOU KNOW?

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REMINDER

Ice Cream $1.25