



Frankston ISD Lunch

MENU

SEPT
EMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Harvest
of the Month



1

Chicken Nuggets
w/Mac & Cheese or
Steak Fingers w/Mac & Cheese
Seasoned Corn
Green Beans
Applesauce &
Blueberries / Milk

2

Pepperoni Pizza
HS-Buffero Pizza or
Cheese Sticks w/Marinara
*Roasted Sweet Potatoes
Broccoli & Cheese
Sliced Pears & **Oranges**
Milk

3

Nachos w/Meat
HS-w/Cilantro Rice or
BBQ Sandwich
Pinto Beans
Garden Salad Mix
Mixed Berry Cup &
Diced Peaches / **Milk**

4

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

5

8

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

9

Cheese Pizza
HS-French Bread Pizza or
**BBQ Fries w/Garlic Toast
Garden Salad Mix
Navy Beans
Red Apples & Mixed Fruit
Milk

10

Crispitos-
HS-w/Spanish Rice or
Hot Dogs / HS-w/Grahams OR
Chef Salad
*Steamed Carrots
Green Beans
Raisins & Mandarin Oranges / **Milk**

Chef Salad
Thursday



11

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

12

DID YOU KNOW?

Melons are the cousins of cucumbers
and squash, as they are part of the
large gourd family.

16

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

16

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

17

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

18

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

19

22

Chicken Rings w/ Roll or
Tamales
Mashed Potatoes
Cucumber w/Dip
Sliced Peaches & Raisins
Milk

23

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

24

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

25

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

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.



Chicken Nuggets
w/Mac & Cheese or
Steak Fingers w/Mac & Cheese
Seasoned Corn
Green Beans
Applesauce &
Blueberries / Milk

30

Try It!
Tuesday

NEWS FLASH -

REMINDER:
ICE CREAM - \$1.25

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.

FUN FACT

Watermelon festivals are common
in Texas, including the What-A-
Melon Festival in Center, Texas; the
Hempstead Watermelon Festival;
and the Luling Watermelon Thump.



Farm Fresh Fridays all
month long!





Frankston ISD

Pre-K Lunch

MENU

SEPT
EMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Harvest
of the Month



1

Chicken Nuggets
w/Mac & Cheese
Seasoned Corn
Green Beans
Blueberries
Milk

2

Pepperoni Pizza
Roasted Sweet Potatoes
Broccoli & Cheese
Sliced Pears
Milk

3

Nachos w/Meat
Pinto Beans
Garden Salad Mix
Diced Peaches
Milk

4

Hamburger
Baby Carrots
Curly Fries
Watermelon
Milk

5

8

Popcorn Chicken
w/Dinner Roll
Mashed Potatoes
Broccoli w/Dip
Grapefruit
Milk

9

Cheese Pizza
Garden Salad Mix
Navy Beans
Red Apples
Milk

10

Hot Dogs
Steamed Carrots
Green Beans
Mandarin Oranges
Milk

11

ET Beef Hamburger
Sweet Potato Fries
Baked Beans
Blueberries
Milk

12

DID YOU KNOW?

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22

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

23

Personal Pan Pizza
Navy Beans
Steamed Spinach
Mixed Berry Cup
Milk

24

Spaghetti w/Meatballs &
Garlic Toast
Steamed Carrots
Garden Salad Mix
Oranges
Milk

25

ET Beef Cheeseburger
Sweet Potato Tots
Cauliflower w/Cheese
Strawberry Cup
Milk

26

29

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w/Mac & Cheese
Seasoned Corn
Green Beans
Blueberries
Milk

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Frankston ISD Breakfast

MENU

SEPT
EMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Biscuit & Sausage
Apple Juice
Oranges
Milk

2

Waffles
Orange Juice
Fresh Peaches
Milk

3

Sausage Roll
Pine/Orange Juice
Banana
Milk

4

Cereal w/Cheese Cubes
Fruit Juice
Apple Slices
Milk

5

NEWS FLASH -

8

**REMINDER:
ICE CREAM - \$1.25**

Biscuit & Sausage
Apple Juice
Oranges
Milk

9

French Toast
Orange Juice
Raisins
Milk

10

Breakfast Burrito
w/Grahams
Pine/Orange Juice
Bananas
Milk

11

Cinnamon Swirls
Fruit Juice
Apples Slices
Milk

12

15

Cereal w/Cheese Cubes
Apple Juice
Oranges
Milk

16

Waffles
Orange Juice
Raisins
Milk

17

Blueberry Muffin
Pine/Orange Juice
Apple Slices
Milk

18

Mini Bagels
Fruit Juice
Fresh Plums
Milk

19

22

Egg Croissant
MS/HS: w/Sausage
Apple Juice
Oranges
Milk

23

French Toast
Orange Juice
Raisins
Milk

24

Breakfast Burrito
w/Grahams
Pine/Orange Juice
Bananas
Milk

25

Cinnamon Swirls
Fruit Juice
Apple Slices
Milk

26

29

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Biscuit & Sausage
Apple Juice
Oranges
Milk

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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



Farm Fresh Fridays all month long!

